

Your life, your way

UK EDITION

PSYCHOLOGIES.CO.UK

PSYCHOLOGIES

OCTOBER 2015 | £3.90

MAGAZINE

GET MORE DONE

Focus on what
really matters

SAVIOUR TRAP

Is helping others
holding you back?

18-PAGE SPECIAL

Love your job

- Stop whinging at work: make your career leap (now!)
- Negotiate a payrise, a promotion and more days off
- TEST: security, status or salary – what motivates you?

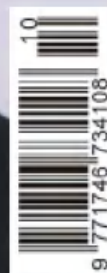
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JACKMAN

“My father
taught me
about respect
and chivalry”

APP-INESS

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Isla, 10 months. Important notice: breastfeeding is best for your baby. Follow On milk should only be used as part of a mixed diet and not as a breastmilk substitute before 6 months. Use on the advice of your healthcare professional.

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FREE GIFT
WORTH OVER
£27



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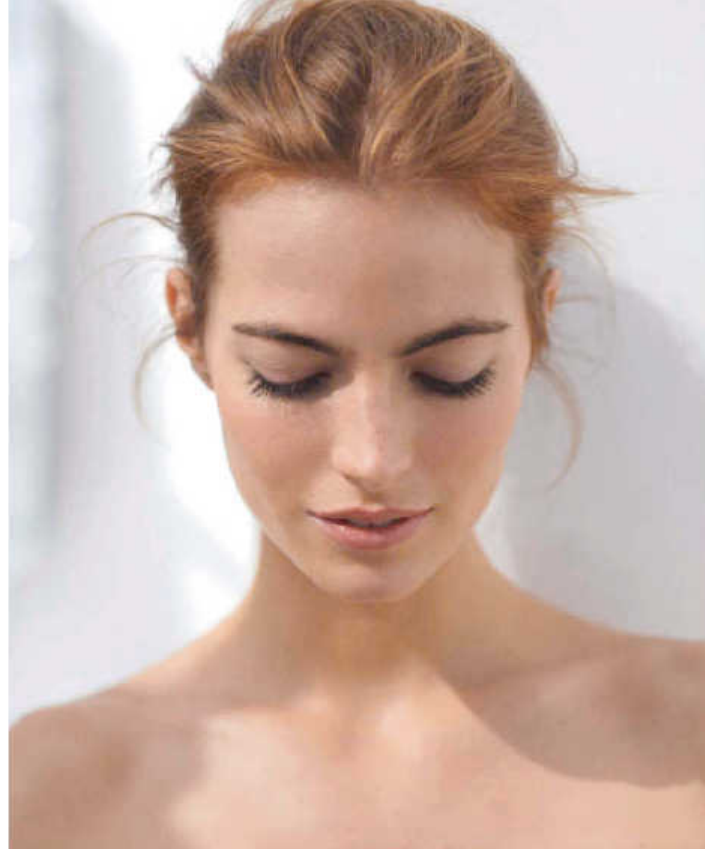
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Kelsey Media, Cudham Tithe Barn,
Berry's Hill, Cudham, Kent TN16 3AG

(01959 541444, email letters@psychologies.co.uk)

OUR TEAM

Editor Suzy Greaves
Deputy Editor Lauren Hadden
Art Director Vanessa Grzywacz
Art Editor Lynne Lanning
Associate Editor Anita Chaudhuri
Associate Editor Elizabeth Heathcote
Entertainment Editor At Large Lorian Haynes
Dossier and The Fix Editor Ali Roff
Beauty and Wellbeing Director Eminé Ali Rushton
Beauty and Wellbeing Editor Amerley Ollennu
Picture Editor Laura Doherty
Chief Sub/Production Editor Danielle Woodward
Sub Editor Anne-Claire Heels
Acting Sub Editor Rachel Woollett

ADVERTISING & PRODUCTION

Commercial Manager Emma Doran (01959 543706)
emma.doran@kelsey.co.uk
Advertising Sales Patricia Hubbard (01959 543514)
patricia.hubbard@kelsey.co.uk
Advertising Sales Anne Fleming (01959 543716)
Production Supervisor Rachel Dyke (01733 353397)
rachel.dyke@kelsey.co.uk
Production Manager Charlotte Whittaker

MANAGEMENT

Managing Director Phil Weeden
Chief Executive Steve Wright
Chairman Steve Annetts
Finance Director Joyce Parker-Sarioglu
Creative Directors Vicky Ophield and Emma Dublin
Retail Distribution Manager Eleanor Brown
Audience Development Manager Andy Cotton
Subscriptions Marketing Manager Daniel Webb
Brand Marketing Manager Rebecca Gibson
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Events Marketing Manager Sarah Jackson

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 - UK customer service team: 01959 543747; subs@kelsey.co.uk
- Psychologies Customer Service Team, Kelsey Publishing Ltd, Cudham Tithe Barn, Berry's Hill, Cudham, Kent TN16 3AG, United Kingdom

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DISTRIBUTION & PRINTING

William Gibbons, 28 Planetary Road, Willenhall, Wolverhampton
WV13 3XT; 01902 730011; williamgibbons.co.uk
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CONTRIBUTORS

Meet three of the people who have taken part in the creation of this issue of *Psychologies*



Susan Jane White

Food writer

Specialist cook, and food and health columnist for Ireland's *Sunday Independent*, Susan recovered from a serious immune disorder by changing her diet to avoid processed and refined foods. She shares recipes from her book *The Virtuous Tart* on page 116. 'I eat sweet treats every day. I'm not interested in denial. I prefer to turn my sugar cravings into a nutritional hit.'

Davide Bonazzi

Illustrator

Davide's illustrations are warm and evocative, an effect achieved by his combination of digital and mixed media with the textures of scanned found objects. For our Dossier on career change (page 72), he created a board-game concept. 'I look at my own schedule like this,' he says. 'Sometimes it's full of opportunities and lucky events, other times it has unexpected hurdles. But the game is thrilling, and worth playing.'



Jo Leever

Journalist

Jo has sub-edited women's magazines and taught journalism in Papua New Guinea. She now writes about interiors for magazines such as *Livingetc* and *Guardian Weekend*. For *Psychologies*, she visited the home of artist Elizabeth Harbour (page 58). 'Elizabeth's place is as warm as its owner and a great reminder that memories make a house a home.'

GLOBAL EDITIONS

Groupe Psychologies, 2-8 rue Gaston-Rébuffat, 75019 Paris, France. Tel: 01 44 65 58 00

President & CEO, Editorial Director: Arnaud de Saint Simon International Editor-in-Chief: Philippe Romon (philippe@psychologies.com)



PSYCHOLOGIES FRANCE
Editor-in-Chief: Laurence Folléa



PSYCHOLOGIES GERMANY
Madame Verlag, Leonrodstraße
52, 80636 Munich. Tel: +49 89 6974
9276. Editor: Robert Sandmann
Editor-in-Chief: Jenny Levé



PSYCHOLOGIES ROMANIA
Ringier Magazines, 6 Dimitri
Pompeiu Street, Bucharest. Tel: +40 212
03 08 00. Managing Director: Mihnea
Vasiliiu (mihnea.vasiliiu@ringier.ro)
Editor-in-Chief: Iuliana Alexa (iuliana.alex@ringier.ro)
Advertising Manager:
Monica Pop (monica.pop@ringier.ro)



PSYCHOLOGIES BELGIUM
Edition Ventures, Chaussée de
Louvain 431D, 1830 Lasne. Tel: +32 2 379
29 90 Editorial Director: Marie-Christine
De Wasseige (mc.dewasseige@ventures.be)
Chief editor (French): Christiane Thiry
(christiane.thiry@ventures.be)
Chief editor (Flemish): Barbara Van den
Abeele (b.vandenabeele@ventures.be)
Advertising Manager: Manon Sepulchre
(manon.sepulchre@ventures.be)



PSYCHOLOGIES RUSSIA
Hearst Shkulev Media,
Psychologies Russia, 31 b Shabolovkaya
Street, Moscow 115162.
Tel: +7 495 981 39 10 President: Viktor
Shkulev (vshkulev@hsmmedia.ru)

Editor-in-Chief: Xenia Kiseleva
(xxiseleva@hsmmedia.ru) Publisher
and Advertising Manager: Anna
Klopova (aklopova@hsmmedia.ru)



PSYCHOLOGIES CHINA
Beijing Hearst Advertising,
Capital Land Tower, Jia 6 #1601,
Jian Guo Men Wai av, ChaoYang
district, Beijing 100 022.
Tel: +86 10 85 67 66 88.
Chairman: Victor Visot
Editor-in-Chief: Vanessa Hu
(vanessa.hu@hearst.com.cn)
Commercial Director: Alice Ch'ng
(alice.chng@hearst.com.cn)
Advertising Manager: Elaine Tai
(elaine.tai@hearst.com.cn)

Doing more and less

Are you back at work after the summer break? Did you manage to grab a couple of days or even a couple of weeks away? How are you feeling as you get back to your usual routine? On average, we'll work a total of 99,117 hours in our lifetime. A depressing thought if you don't love your job – but don't despair. Whether you want to change career, get a payrise or get promoted, turn to page 72 and read our 18-page Dossier on how to create a career that fulfils you from the inside out. (Hint: it's all about building on your strengths.)

If that doesn't do the trick, then come along to our event, in partnership with NOW Live Events (see page 65), where career coach Alastair Creamer is running an interactive workshop on becoming the best role model you can be to those at a career crossroads – be it your teenage child, your best friend, or even yourself!

On page 38, our deputy editor Lauren Hadden juggles with numbers by trying to cram more into the 168 hours in her week. We all have the same amount of hours in a week, so how do some people do more with their time? With the Costa Awards to judge (meaning 40 novels to read in 12 weeks) plus a wedding to plan, Lauren commits to finding out how to get more done in a week.

If the thought of all this busyness makes you want to keel over, is it because you're spending too much time and energy focusing on others instead of yourself? Is it time to start figuring out what *you* need and want, instead of trying to rescue others? If this is ringing a few bells, read our feature 'The Saviour Trap' by Rin Hamburgh on page 50.

Suzy

**FREE
YOGA
CLASSES**

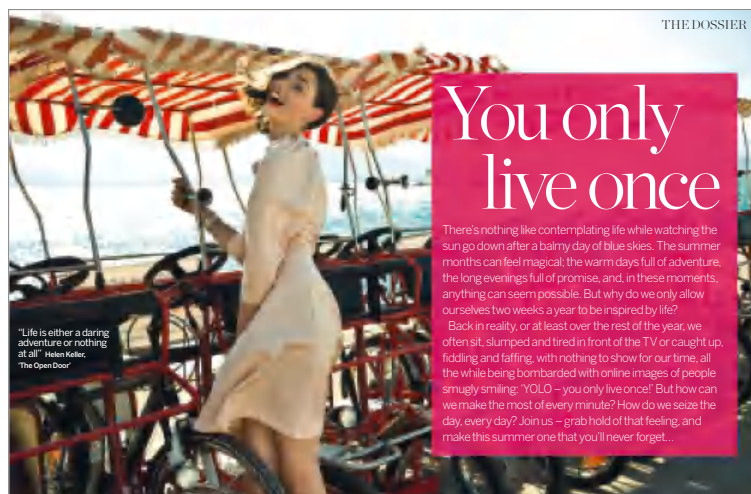
PLUS: Why not join us for a free online yoga class? *Psychologies* is excited to have teamed up with Movement for Modern Life, which has created online yoga classes with some of the best yoga teachers in the world. Get ready to transform your mood as well as your body. Details on page 14. 'Namaste' from all of us here at *Psychologies*.



Suzy Greaves
Editor, with Oscar
the office dog

Viewpoint

Let us know what you think of the magazine and each month we'll publish the best letters



STAR LETTER

GETTING BACK ON TRACK

I recently picked up a copy of *Psychologies* as a treat and spent a happy afternoon reading it. I really feel your magazine is helpful for where I am in my life at the moment, especially the Dossier (August issue), as I worry I'm wasting my life.

It's so nice to feel you're gaining from a magazine instead of just flicking through adverts and looking at articles that are of no use to anyone. I'm getting back on track and am so grateful to have found *Psychologies* as a companion along the way. **Annemarie**

PHOTO COMPETITION

Would you like to showcase your talents in *Psychologies*? Each month, we're asking you to submit your best photo on a theme. We'll print our winner in the next issue of *Psychologies* and on psychologies.co.uk the following month, and the winner gets a bag of goodies! The next theme is 'Patterns'. Please send your photo attached in an email to pictures@psychologies.co.uk by midnight on 30 September.

WIN! THIS MONTH'S STAR LETTER AND PHOTO COMPETITION PRIZE:



PRIZE
WORTH
OVER
£84



THE WINNER THIS MONTH This is my 'travel'-themed photo, which I took of some colourful houses on the island of Burano, in Venice. I was so taken by this beautiful place, which was full of colour and light. Just walking round the streets lifted my spirits and I felt I had to capture that. **Angela Newnes Harrod**

*FOR FULL T&Cs, SEE PSYCHOLOGIES.CO.UK. PRIZE INCLUDES SENSIBIO H2O, £10.20; HYDRABIO GENTLE MILK CREAM, £17.50; HYDRABIO GENTLE EXFOLIATING MASK, £14.50; HYDRABIO GENTLE EXFOLIATING CREAM, £10.50; A TODEM CREAM, £17.50

EMAIL LETTERS@PSYCHOLOGIES.CO.UK THE THEME FOR THE NEXT PHOTO COMPETITION* IS 'PATTERNS'. DEADLINE: 30 SEPTEMBER.



NOT SO SORRY

I just sent three separate text messages and started each one with the word 'sorry'. I then read Viv Groskop's feature, 'Who's Sorry Now?' (August issue). Like a bolt of lightning it suddenly hit me – I've started to give my power away, yet again. Thanks for the therapy session, Viv. I now choose to be strong and *not* vulnerable, and no, I'm not sorry about that! **Shelley**

AN INSPIRATION

I have been meaning to write for such a long time, so, finally, here I am...

Thank you for such a wonderful magazine. It has inspired me countless times, lifted my mood, stirred me to remember to follow my heart and helped to put a spring in my step. I've always recommended *Psychologies* to those who need a good read, to learn from and inspire them, with no fluff or gossip.

I had my first baby last September, and *Psychologies* has helped with my sometimes-low moods, when struggling to adapt to parenthood (and the trauma of birth). When Matilda was smaller, I would sit down for her feed with a cuppa and my trusty *Psychologies* magazine. Thank you for providing a fantastic source of knowledge on how to build and maintain a healthy, happy life – both inside and out. **Lucy**

THIS MONTH'S WINNING LETTER

I'd like to thank...

Dear lady – with – the – mop,

I'm sorry I never found out your name. You used to come in and clean the floor of my single room in the Spinal Injuries Unit of the Northern General Hospital in Sheffield.

You seemed shy – or maybe you were just tired of small talk. You completed your work each day and left without saying a word.

I was facing up to a life-changing injury, and an uncertain prognosis, after fracturing my back in an accident. I was doing OK until one Sunday morning. It was Mother's Day and my mother was 200 miles away in a care home, suffering from dementia. I was glad that she no longer knew who I was, as the shock of my accident would have killed her. Even so, to say I felt sorry for myself was an understatement. You came into my room and found me sobbing.

'I'll go and get George,' you said. George was a nurse (and trained counsellor) who had suffered the same injury as me, playing rugby in his youth. He sat with me for a spell each day and, through a combination of exercises, pep talks and corny jokes, I started to laugh – and walk – again.

I got the chance to thank George many times over, but I never saw you again.

I'd like to say thank you now, whoever you were and wherever you are.

Stacey



THIS MONTH'S LETTER OF GRATITUDE WINS...

A year's digital subscription to *Psychologies*, worth £28.99

Protect your skin from within

There is still time to enjoy the last rays of summer sun and with them the sun's often ignored benefits. Sun exposure can help soothe certain skin conditions or simply provide you with an extra shot of Vitamin D to maintain your calcium levels.

But equally we mustn't forget about the sun's harmful effects. The more sun exposure we get, the more skin-damaging toxins – also known as free radicals – are released. These are a major cause for skin ageing as they destroy collagen, the skin's natural mattress, leading to problems such as dryness, a dull complexion, and more wrinkles.

One essential solution: adding antioxidants to your daily beauty regime by drinking GOLD COLLAGEN® FORTE.

Antioxidants, the antidote to free radicals, are naturally produced by our bodies but as we age, we produce less. As a result, our cells become less effective at neutralising free radicals. Therefore, by the time we reach 40, and especially when exposed to sunlight, we need extra antioxidant support.

GOLD COLLAGEN® FORTE is a liquid beauty supplement that contains a free radical busting formula to help boost the skin's natural defence system. Its secret weapon? A blend of powerful antioxidants, including resveratrol, acai berry, coenzyme Q10, pomegranate, and lycopene.

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+Acai berry – This palm fruit contains fibre, heart-healthy omega fats, and more antioxidants than other commonly eaten berries.



+Lycopene – Destroys free radicals, helps to slow down the ageing process and is found in particularly high amounts in tomatoes.

+Coenzyme Q10 – Found in every cell of the body, helps to generate energy from nutrients, and functions as a powerful antioxidant.

The Fix

EDITED BY ALI ROFF

News | Reviews | Books | Film | Art | Ideas

“My imagination functions much better when I don’t have to speak to people”

PATRICIA HIGHSMITH

For the introverts among us, and anyone else who just heeds the desire to escape every now and then, *Cabin Porn* will certainly be a tantalising read. A compilation of ‘inspiration for your quiet place somewhere’, it’s a brilliant coffee-table book for dreamers and do-ers alike.

‘Cabin Porn’ by Zach Klein (Particular Books, £20) is published on 29 September

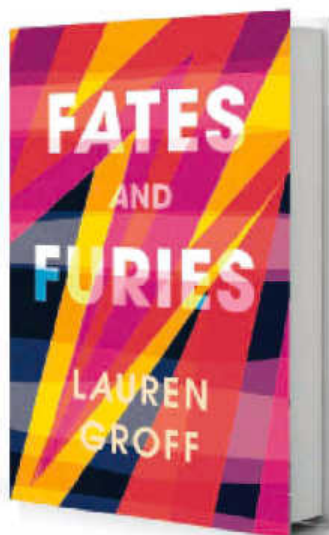
BOOK OF THE MONTH

FATES AND FURIES

by Lauren Groff
(William Heinemann, £14.99)

Lotto and Mathilde are a golden couple who are madly in love. Married at 22, a decade later they are still the envy of all their friends – a glittering pair untarnished by scandal or shortcomings. But the truth is far more complicated and intriguing as Groff's wonderfully nuanced study of a marriage reveals. There are self-deceptions, moments of coruscating doubt and secret longings that are tamped down for the sake of coupledness.

Lotto's take on their relationship makes up the first half of the book: an expansive, enticing vision of shared creativity, sexual compatibility and sociability. Mathilde's altogether spikier vision in the second half provides the vital clues to her more restrained personality, her occasional froideur and her ferocious loyalty to Lotto, whose career she nurtures, and whose narcissistic foibles she attempts to tame. It's a beguiling, honest look at a long-term relationship with all its compromises and consolations. EF



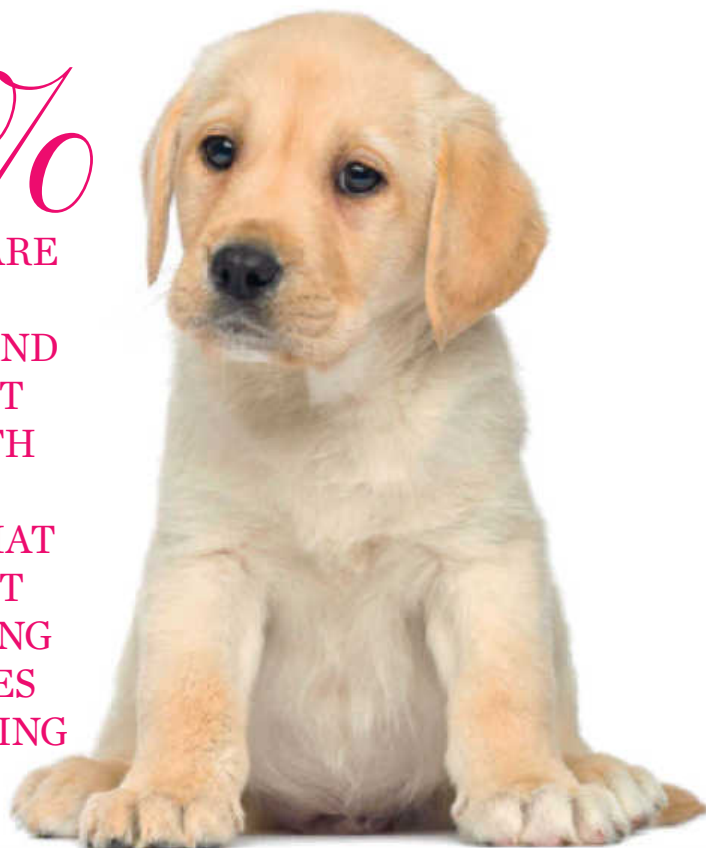
Perspex lips clutch bag, £245, Lulu Guinness

MWAH!

Another reason to embrace a wonderfully imperfect 'real life' over the mushy rom-com ideals of romance; new research* has found that in many cultures, romantic kissing is not the norm. Although 70 per cent of Europeans enjoy a French kiss, there is no evidence of anyone partaking in it in Central America or sub-Saharan Africa. The researchers did reveal that although they do not know where romantic kissing evolved from, it does serve as a way to learn more about our partners, and interestingly, the more socially complex and stratified a society is, the more romantic smooching there is.

30%

OF COUPLES ARE PUTTING OFF PARENTING AND GETTING A PET INSTEAD, WITH 61 PER CENT THINKING THAT GETTING A PET BEFORE HAVING KIDS PREPARES THEM FOR BEING A PARENT.**



DID YOU KNOW... THE SMELL OF FISH CAN MAKE US MORE REASONABLE? OUR SENSE OF SMELL CAN MAKE US SUSPICIOUS



ART

Cunning tale

From the very first page, we fell in love with this beautifully told and illustrated fable; enthralled by the endearing story of Fox and his friend Star, who shines brightly for Fox to see his way in the forest. Although there's no mention of death itself, it's a subtle story of loss and grief, inspired by the author's own experience of losing her mother. We follow Fox's journey of grief, before he embraces life once more. It's a book you'll want to keep on your shelf; the kind of book you can return to and share again and again.

'The Fox and the Star' by Coralie Bickford-Smith (Particular Books, £14.99).

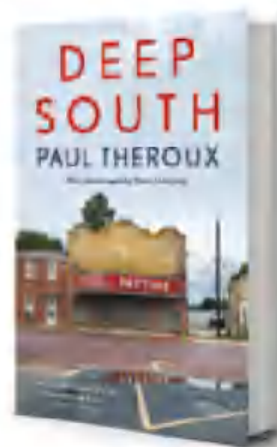
BOOKS TO SOOTHE THE SOUL

WE LOVE: *'Deep South'* by Paul Theroux (Hamish Hamilton, £20)

OUR FRIENDS AT BBC RADIO 4 TELL US WHY YOU'LL LOVE THIS BOOK:

'Reading Paul Theroux's books has taken me to some great places,' says producer Duncan Minshull. 'He has the power to transport us and get under the skin of a place. *Deep South* is the only time Theroux has travelled and written about the US; we will hear about the thrill of travelling the roads, the majesty of the Delta lands, the hardship of poor black communities and the outlandish use of firearms. The stories in *Deep South* make for a compelling listen.'

Hear *'Deep South'*, read by Henry Goodman, on BBC Radio 4's 'Book of the Week' from 29 August. Catch up on iPlayer for 30 days after broadcast. Abridged by Katrin Williams; produced by Duncan Minshull. See bbc.co.uk/books for more upcoming gems.



BOOK REVIEW: EITHNE FARRY, PHOTOGRAPH: ISTOCK, *JANKOWIAK, WR, ET AL., 'IS THE ROMANTIC-SEXUAL KISS AN EAR HUMAN UNIVERSAL?', AMERICAN ANTHROPOLOGIST, 2015. **STUDY COMMISSIONED BY BLUE CROSS PET CHARITY, ILEE ET AL., 'SOMETHING SMELLS FISHY: OLFACTORY SUSPICION CUES IMPROVE PERFORMANCE ON THE MOSES ILLUSION AND WASON RULE DISCOVERY TASK', JOURNAL OF EXPERIMENTAL SOCIAL PSYCHOLOGY, 2015

NOT ONLY OF FOOD, BUT ALSO OF IDEAS AND CONCEPTS – WHICH HELPS IN MAKING BETTER JUDGMENTS†

SMARTYPHONES

They're called smartphones for a reason. Apparently, our mobiles can now detect when we're feeling depressed. Using daily geographical reports and by tracking the number of minutes you use your phone each day, our mobiles can now detect the signs of depression, as the more time we spend on our phones, and the more time we spend at home and a limited number of locations, the more likely we are to suffer from it.* Researchers hope it could help monitor and support people at risk.

Watercolour
iPhone 5 case,
£35, Rifle Paper
at Selfridges



Les Coeurs, £38 for 36
chocolates, Pierre Marcolini

GUILTY PLEASURE

This might just be the best news we've ever heard... apparently, eating chocolate every day has been linked to lowered heart disease and stroke risk** – that's a 25 per cent lower risk of associated serious illness. Not that we needed an excuse before... but at least now we can feel good about our not-so-guilty pleasure!

1 in 5 OF US LIE ABOUT WATCHING TRENDING TV SHOWS IN ORDER TO FIT IN.†

FREE ONLINE YOGA CLASSES

In partnership with Movement for Modern Life, *Psychologies* is thrilled to present our free yoga classes on our new LifeLabs channel (lifelabs.psychologies.co.uk/channels/254-yoga).

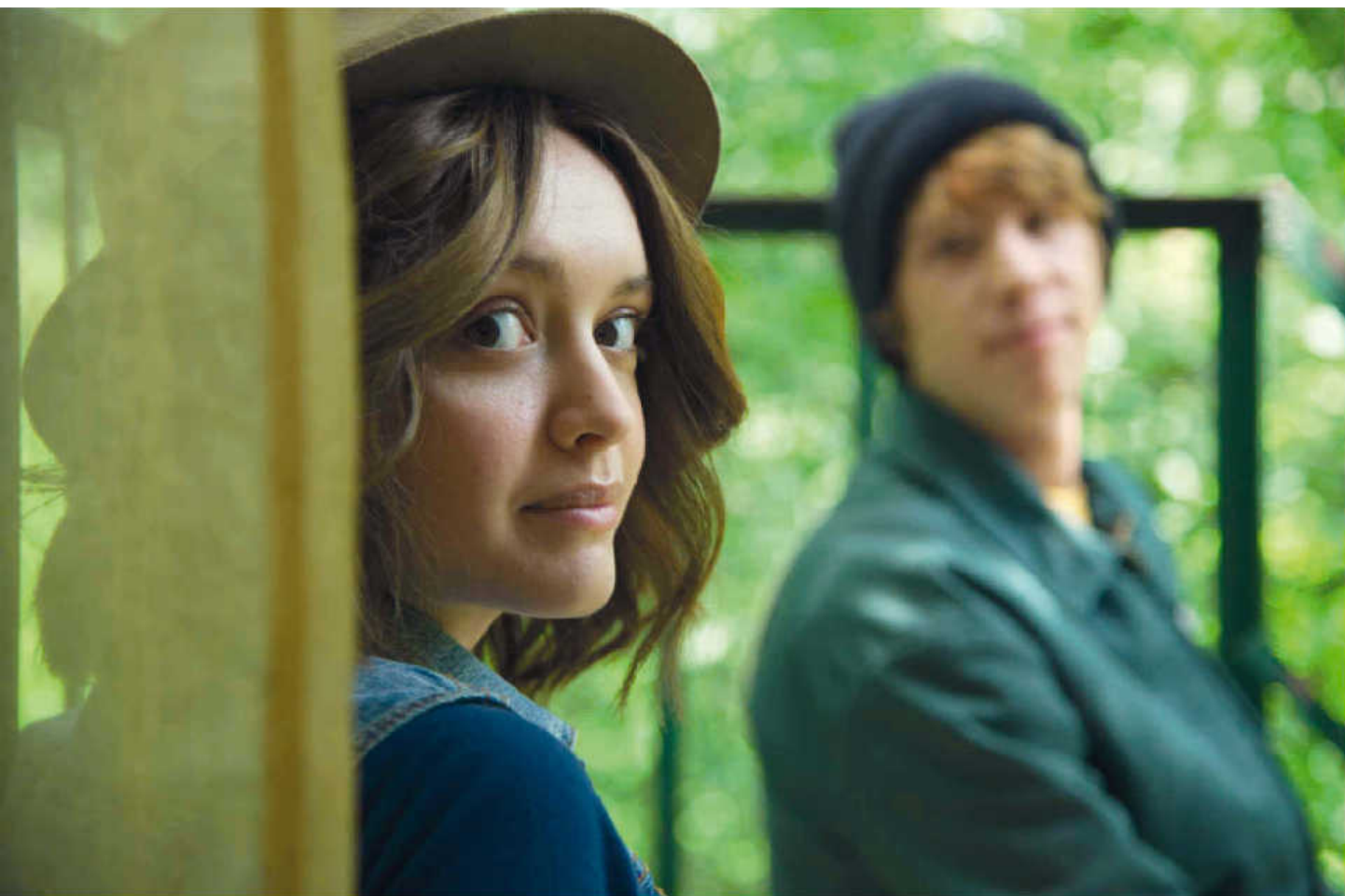
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"I ALMOST WISH WE WERE BUTTERFLIES AND LIV'D BUT THREE SUMMER DAYS – THREE SUCH DAYS WITH YOU I COULD FILL



FILM OF THE MONTH

Me and Earl and the Dying Girl

Directed by Alfonso Gomez-Rejon

Funny, honest and heartbreaking in the way only real life is, *Me and Earl and the Dying Girl* tells the story of Greg (Thomas Mann), who is made to befriend his fellow classmate Rachel (Olivia Cooke) by his mum, when news gets out that she has cancer. Their friendship develops, but don't expect a *The Fault in Our Stars*-style romance; this is a story about friendship. It's an authentic and sincere account of cancer for a young person with their life ahead of them. Every detail is so well thought through and real, you'll feel like you're part of their story. Prepare for a red-eyed, yet thoughtful, journey home afterwards, but don't worry, there are some laughs in there, too. AR

SCHOOL OF LIFE LESSONS

“Do we teach people to endure uncomfortable chairs? No, we redesign the chair and also learn better posture. Resilience Training applies the same approach to uncomfortable life situations”

CHRIS JOHNSTONE

Chris Johnstone is one of the UK's leading resilience trainers. His books include 'Find Your Power' and 'Active Hope'. Chris leads a one-day Resilience workshop at The School of Life in London on Saturday 3 October 2015. For more information and to book, see theschooloflife.com

FILM REVIEW: ALI ROFF. FOR STOCKISTS, SEE PAGE 140. *SAEB, S. ET AL., "MOBILE PHONE SENSOR CORRELATES OF DEPRESSIVE SYMPTOM SEVERITY IN DAILY-LIFE BEHAVIOR," JOURNAL OF MEDICAL INTERNET RESEARCH, 2015. **KWOK, CS. ET AL., HEARTBMJ.COM/CONTENT/101/16/1279.

WITH MORE DELIGHT THAN FIFTY COMMON YEARS COULD EVER CONTAIN" JOHN KEATS IN A LETTER TO FANNY BRAWNE



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HOW TO...

Slow down to achieve more

Mindfulness coach Michael Townsend Williams offers five simple ways to step back from our busy lives and find some much-needed calm

●REST MORE

'Sometimes the best way forward is to stop,' says Michael Townsend Williams in his book *Do Breathe*. The body, he says, operates on a 90-minute cycle, so rest every 90 minutes to restore energy.

●TALK LESS

'One of the best ways to waste energy is to talk too much,' says Williams. A silent retreat can be a reminder of how powerful silence can be – it can also provide the space and time to hear what is right for you. Actively practise 'saying a little less, and meaning a lot more'.

●BE LESS BUSY

Busyness can be a means of avoidance; of running away from uncomfortable feelings. 'Next time you're about to say, "I'm too busy", stop and take a deep breath,' says Williams. Plug in to your feelings. When you are doing something you

feel passionately about, having a lot to do feels exhilarating, not 'busy'.

●THINK LESS

Overthinking – our Western malaise – leads to mental and physical exhaustion. 'Think less, breathe more,' counsels Williams. If thoughts are overpowering, move your attention to the gaps between them. 'That's where you'll find calm.'

●BE POSITIVE

Savour energising, positive emotions such as interest, hope, pride or amusement for 15-20 seconds, so they sink into the memory. If you can achieve a ratio of at least three positives to one negative (anger, contempt, depression), there 'appears to be a tipping point, enabling people to achieve far beyond what they thought they could'. (See our Happiness Club, page 66, for more.)



READ MORE: 'DO BREATHE: CALM YOUR MIND. FIND FOCUS. GET STUFF DONE' BY MICHAEL TOWNSEND WILLIAMS (DO BOOKS, £8.99)

PHOTOGRAPH: CORBIS

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Corinne Sweet, Psychologist

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Etoile at Avenue 32



Wide-leg
crop
trousers,
£69, *Cos*

Power pink

From candyfloss to cerise, pink has long been the colour of girls; young, naive, lightweight. It's no surprise then, that many women have shunned pink from their wardrobes, for fear of coming across too girly and not being taken seriously. But as gender equality and gay rights gain attention and awareness, one message is clear: individuals own themselves. We choose what we represent. Pink only means 'fluffy and naive' if we let it mean that to us.

So, could a bold appearance of pinks on the high street mean that women are ready to claim back sugary sweet shades for themselves? Forget Barbie, we're choosing pink as our new power colour.



Trainers,
£69, *Dune*



Cerise dress,
£45, *Very*



Wonderland
watch, £70,
Olivia Burton
at Topshop

"WE MUST NOT ALLOW OTHER PEOPLE'S LIMITED PERCEPTIONS TO DEFINE US" VIRGINIA SATIR

Hugh Jackman

“Whatever strength of character I have in life comes from my father”

Awarding-winning actor Hugh Jackman lifts the lid on his latest dramatic portrayal in the fantasy film *Pan* and discusses why his role as a devoted husband and father is what keeps him grounded

PHOTOGRAPHS CHRISTIAN BARZ/PICTURE PRESS/CAMERA PRESS



>>> When we first discussed Hugh Jackman becoming our cover star for this month, there was a universal intake of breath from the *Psychologies* team. The general consensus was that not only did we, er, admire him, but we liked him, too. Referred to as ‘the nicest man on earth,’ Jackman is fascinating because he seems to be able to juggle loving relationships with his wife and children with a successful career in film and theatre. It’s a career in which he refuses to play safe and be typecast. About to hit our screens as Blackbeard in new film *Pan*, out in the UK in October, the 46-year-old actor, singer, dancer and producer is as comfortable on the Broadway stage as he is on a film set. Although quite the song-and-dance man, Jackman is perhaps best known for his role as the raging comic-book mutant Wolverine in the *X-Men* franchise.

But Jackman’s box office success is not all about rage. He has starred in everything from Baz Luhrmann’s epic *Australia*, to taut thriller *Prisoners*, to sci-fi drama *Chappie*. In 2013, he received a Best Actor Academy Award nomination for his role as Jean Valjean in *Les Misérables* (for which he won a Golden Globe). But he has also excelled on stage, twice winning a Tony Award. Most recently he has received critical acclaim in the Broadway production of *The River*.

So yes, here at *Psychologies* we definitely applaud his courage, his refusal to be typecast and his award-winning talent. But we also love what he regularly says about his wife Deborra-Lee Furness and his adopted children Oscar, 14, and Ava, nine: ‘This wouldn’t mean very much if I couldn’t share it with Deb and the kids,’ he says. ‘My father taught me that your family is your bedrock and you should always make that your priority. That lesson has never been lost on me.’

Driving force

This devotion to his family is all the more poignant when you hear Jackman’s own childhood story. Born in Sydney, New South Wales, to English parents, Jackman’s mother and father divorced when he was eight. Grace, his mother, moved back to England with Jackman’s two sisters, while his father, Christopher, remained in Australia with Jackman and his two brothers. As a result, Jackman attributes his drive and ambition to his father.

‘When I look back and think about how he was able to look after my brothers and I after our mum left, it’s

“It seemed ridiculous, clichéd, embarrassing and infantile; my first big acting job and I was falling in love with the leading lady”

staggering to imagine how he dealt with having an important job and then being able to have the energy and willingness to be there for us,’ says Jackman, who now lives in New York. ‘Whatever strength of character and determination I have in life, I get from my father. When I think about all that, it’s given me an even greater sense of admiration and respect for him. I could never have coped the way he did.’

As a young man, Jackman attended the exclusive Knox Grammar School before going on to achieve a degree in Communications and Journalism at the University of Technology, Sydney. During his final year of university, Jackman experienced his first taste of acting almost by accident when he took a drama class to make up additional

credits and landed the lead role in *The Memorandum* by Václav Havel.

By chance he had found his calling: ‘In that week, I felt more at home with those people than I did in the entire three years [at university],’ he says.

Jackman went on to complete a one-year course at the Actors Centre Australia (ACA) in Sydney before studying at the Western Australian Academy of Performing Arts in Perth. When he graduated in 1994, he was offered a role on the TV show *Correlli* on the night of his final graduation performance. ‘I was technically unemployed for 13 seconds,’ Jackman quips. Although the show only lasted one season, Jackman met his wife, Australian actress Deborra-Lee Furness, on set. ‘We got on well with each other from the start,’ says Jackman. ‘And it was a situation where it seemed so ridiculous and

THE FILM

PAN

Directed by Joe Wright and written by Jason Fuchs, *Pan* is a new fantasy adventure film that is a prequel to the fabled tale of *Peter Pan and Wendy* written by Scottish author J. M. Barrie. It tells the story of an orphan boy who is spirited away to the magical Neverland, where he finds both fun and dangers, and ultimately discovers his destiny – to become the hero who will be forever known as Peter Pan. The film stars Hugh Jackman as the pirate Blackbeard, alongside Amanda Seyfried as Mary, Cara Delevingne as the mermaid, Garrett Hedlund as Hook and Rooney Mara as Tiger Lily. Character cameos come from British acting stalwarts Kathy Burke and Paul Kaye, while Australian newcomer Levi Miller plays the young Peter Pan.



A bulked-up Jackman as Wolverine in *X-Men: Days of Future Past*



Starring with Nicole Kidman in Baz Luhrmann's romantic epic *Australia*



As desperate father Keller Dover with Jake Gyllenhaal in the 2013 thriller *Prisoners*



In his latest role as Neverland pirate Blackbeard in Joe Wright's *Pan*



With his wife of 20 years, Deborra-Lee Furness

clichéd and embarrassing and infantile; the whole thing where this was my first big acting job and here I am falling in love with the leading lady.' Although he admits he was 'happily single', the couple went on to marry in 1996. 'Meeting Deb has been a blessing,' he says. 'We have a beautiful life together.'

After *Correlli*, Jackman forged a musical theatre career in Melbourne before going on to star as Curly in *Oklahoma!* in London's West End and Billy Bigelow in *Carousel* in New York. However, it was in 2000 that Jackman landed the role that made him a household name, playing Wolverine. 'Wolverine is very determined and visceral,' says Jackman. 'It's not just anger that drives him, although he obviously uses anger to his advantage. I don't get angry while playing him; I get more annoyed in the months leading up to the start of filming and having to go on this insane diet and training regime in order

to put on 25lbs and bulk up. You'd be angry too if you were eating 6,000 calories a day and bench-pressing 350lbs.'

Sweet charity

Away from stage and screen, Jackman is very much a philanthropist and renaissance man, who enjoys charity work and playing the piano, as well as practising yoga and transcendental meditation. (More sighing from the *Psychologies* team.) 'It's literally changed my life,' he says, referring to his meditative practice. 'Some of the clearest ideas or epiphanies I've had in life happened during or after meditating.' Jackman also supports a number of international charities, including the Global Poverty Project, the Bone Marrow Donor Institute in Australia and Broadway Cares/Equity Fights AIDS. But it is his love for his family and his role as a husband and parent >>>

“It’s more enjoyable to embrace our kinder and gentler sides. I lose my temper rarely; but when I do, I feel miserable afterwards”

>>> that ultimately means more to him than anything. ‘They’re the basis of everything I do,’ he says. ‘It would mean very little to me to have a successful career and not be able to share it with my family. Work has its satisfactions, but it’s nothing compared with the joy you take in being with your family and looking after your kids.’ What can we say? I think the *Psychologies* team has very good taste in cover stars.

Q: How would you describe your new fantasy film, *Pan*?

Jackman: I’m really excited about *Pan*. This is the prequel to *Peter Pan*; it’s an original story. It’s a very smart film with a lot of heart. Joe Wright is a fabulous English director who’s done films like *Anna Karenina* and *Atonement*, and he has a brilliant visual sense. He’s a great storyteller.

Q: Why do you gravitate towards larger-than-life characters like Blackbeard, Wolverine and soon-to-be Barnum?

Jackman: Oh, it’s the natural showman in me. I grew up falling in love with musical theatre and once you have that in your blood you love playing roles that have this theatrical quality. It’s a chance to let yourself go completely and step into these fantastic characters who transport you and the audience into a different reality. I love the sense of spectacle and wonder of all that.

Q: You seem to have such a natural gift as an actor and as a song-and-dance man. Where does that spirit come from?

Jackman: Some people have a gift for that and I think that was always part of me. There’s this side of me that likes putting myself out there as a showman and being able to entertain people. Performing is in my blood and there’s nothing better than the feeling of being able to connect with an audience and realise that you’ve been able to transport them to where you’re both in the same place, where the outside world kind of disappears and time stands still.

Q: You’re known for being easy-going. Does it get tiring to be seen as a nice guy all the time?

Jackman: I’ve always valued the notion of being a gentleman

and treating people with respect. My father is a very proper Englishman and he taught me the value of respect and chivalry and having a sense of honour. I find it so much more enjoyable to try to embrace the kinder and gentler sides of one’s personality. I lose my temper very rarely and, when I do, I really feel miserable afterwards. But never with Deb and never with my kids. Although when they misbehave, you learn to control your emotions and exercise as much self-control and reason as you possibly can. It’s better to tell your kids that they are driving you crazy and being impossible than to yell at them. Repressing the urge to yell at your kids when they’re driving you crazy – that’s where my greatest acting skills come into play! (Laughs)

Q: We know you’ve been asked this before, but being married for 20 years as a film star is quite a rarity. What’s the secret for such longevity in a marriage?

Jackman: The biggest thing is to find the right person with whom you can be happy and evolve together in life. If you get that part wrong, nothing is going to change that over the long run. I was pretty insecure in many ways when I met Deb, but she’s been blessed with a natural kind of confidence that was beyond anything I could imagine. I just felt that about her immediately and I knew that I wanted to be with her. But she wasn’t attracted to me as fast as I was [to her]. It took a while before I convinced her I was the man for her. It’s been a beautiful journey together ever since.

Q: You’ve managed to keep your personal life private despite being a global celebrity. How do you manage that?

Jackman: I’m lucky that I’m a fairly boring person in real life. When I’m not working, I’m with my family. That’s my life. My wife Deb deserves a lot of credit because she tries to make sure I don’t talk too much about our family life in public. She knows that I can be pretty talkative and it’s impossible for me to keep a secret! (Laughs)

Q: You come from a large family. Are you very competitive?

Jackman: Not as an actor. I look on acting and film-making as a very collaborative process and I don’t look at films strictly from my character’s viewpoint. I’ve never wanted to be the biggest star on earth. I love acting and I’m interested in the work and the kind of stories I’m able to help bring to audiences. But, if we’re talking about sport, then I’m the most competitive guy around. I like winning! (Laughs)

Q: Is it fun or annoying being considered a sex symbol?

Jackman: Oh, it’s not annoying at all! [Laughs again.] I don’t mind it at all. But I think if people knew me, they would know that the one thing that I would like to be remembered for is being the most loving and caring husband and father. I work very hard, but everything I do is to provide the best possible life for Deb and our kids.

‘Pan’ is out on 16 October in the UK and Ireland.



GOOD THOUGHTS



“A pencil and a dream can take you anywhere”

JA MEYER

MIND

Read your way to happiness

Every month, **Martha Roberts** invites you to road-test research around feeling good

1 THE PROJECT

Reading can transport you to all kinds of places, but can books boost mood and banish negativity?

2 THE AIM

Burying your head in a book can make you a happier person.

3 THE THEORY

A 2008 review of bibliotherapy studies* found that 'bibliotherapy and associated interventions in the treatment of mental illness is supported by the evidence' and that it's particularly effective when used in conjunction with psychotherapy. Two earlier studies**† found bibliotherapy reduces depression.

But what if you're just reading on the bus or in bed? Experts say this can help, too. Psychologists at the New School for Social Research in New York found that reading fiction can enhance 'theory of mind' – the skill of understanding other people's mental states and navigating complex social relationships. People who are depressed often have low theory of mind (Lee *et al*, 2005). Research at the University of Liverpool found that readers are 21 per cent less likely to report feelings of depression and 10 per cent more likely to report good self-esteem than non-readers. Researchers at the University of Sussex found that after six minutes of reading, subjects' stress was reduced by up to 68 per cent. A 2013 survey by the Book Trust said, 'People who read books regularly are on average more satisfied with life, happier, and more likely to feel the things they do in life are worthwhile.'



NOW TRY IT OUT

- **Make time for reading.** Are you someone who never seems to find the time to bury themselves in a book? Oliver Burkeman suggests making regular time for reading, and creating a ritual out of it – perhaps always sit on the same chair or park bench.
- **Never be without a book.** This way you will never miss an opportunity, no matter how small. Buy an e-reader if their portability means you're more likely to keep it by your side, or a slim book such as a Penguin Little Black Classic (littleblackclassics.com).
- **Buy an audio book.** A book doesn't have to be in paper or e-book form. Visit audible.com where you can choose from around 100,000 audio books to listen to on your device.
- **Take a bibliotherapy course.** Alain de Botton's School of Life runs courses with resident bibliotherapists. In a one-to-one consultation, you can 'explore your relationship with books so far and be asked to explore new literary directions' (theschooloflife.com).

MARTHA ROBERTS is an award-winning UK health writer and mental health blogger at mentalhealthwise.com

TRY IT! READ 'THE NOVEL CURE: AN A TO Z OF LITERARY REMEDIES' (CANONGATE, £3.99), OUT 3 SEPTEMBER

HOW TO LOOK LIKE YOURSELF

“Being yourself is incredibly sexy”

Our image expert Mandy Lehto talks to illustrator Poppy Chancellor about dressing sensually

PHOTOGRAPHS KI PRICE

Freelance illustrator Poppy Chancellor, 28, loves to celebrate the female form. ‘I love that my work and style meld together. I want to acknowledge the sensual parts of myself that are hidden, but real.’ Poppy’s art, like her clothing, has a subtle suggestiveness to it. ‘I like playing with sexuality. Yet, I’d describe my style as “quite covered up”. I wear high necklines, long sleeves and floor-length, fitted dresses, but my look is often slightly see-through. That way, I’m revealing, but also concealing.’ The colour scheme of her elaborate artwork – black, red and metallic – runs through her wardrobe too. ‘My artwork and my look are both bold and strong,’ she says.

We talk about dressing sensually and she admits to being shy around new people. ‘You don’t have to have incredible confidence to experiment with sexiness,’ she says. The trick, she smiles, is in keeping the look suggestive. ‘There doesn’t have to be a lot of flesh on show. Play with layers and sheer fabrics. Leave something to the imagination. That’s what makes a look titillating.’

As a teen, Poppy was ‘devastated’ that she wasn’t blonde. ‘Growing up, it was all about Christina Aguilera and Britney Spears. My mum, who is an actress, came to my rescue. We watched *Gentlemen Prefer Blondes*, and I fell in love with all those high-waisted shapes that suit my figure. I chose style icons like Jane Russell.’ Now Poppy gives fitted, elegant silhouettes a modern twist. ‘If I’m wearing trousers, they’re always high-waisted. Then I add an accessory, like my flower crown. It stops a look from feeling too serious. Sensuality can be fun.’

When it comes to her edgier looks, Poppy keeps her attitude fun. ‘Dressing provocatively can’t be too serious. That spoils it. For me, it’s an expression of a side of myself. It doesn’t mean I want to be shouted at in the street.’ Get to know who you are on the inside, she suggests. Be curious about yourself. ‘I’ve got what I’ve got. No-one else has that. Being yourself is so much better than imitating someone else. Be yourself. That is incredibly sexy.’

Find out more about Poppy’s artwork at poppypapercuts.com





'Sensuality is a playful, yet vulnerable energy. When it all comes together, it's incredibly powerful'



How to dress with sensuality

- *Have fun with sheer fabrics (lace, mesh, net), even if it's just on a sleeve*
- *Play to your strengths; I don't show my legs often. Showcase your best bits*
- *Layer up. Try a plain vest underneath a lace top*
- *Wear lovely lingerie under something that's non-revealing. It's your own delicious secret!*

'I adore floor-length lace or mesh gowns. I layer a bodysuit or beautiful lingerie underneath'

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A PAIR OF
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Who's the parent now?

They've cared for you all your life, but what happens when the time comes for your parents to need support from you? **Rosie Ifould** investigates the potential role-reversal that can take place as families grow older

Fion recalls a memory from her childhood. 'The first time I saw my father cry, I was eight years old, and I remember it more clearly than anything else about being eight,' she says. 'It was his birthday, and we'd hired a boat for a day trip. I didn't know it at the time, but my parents were about to separate, so I guess they were both feeling pretty fragile already. The day was absolutely awful. It rained, my younger brother was being a nightmare and then dad crashed the boat, meaning we'd lose our deposit. I thought he'd lose his temper, but he just sat down and cried. I felt sick – it was so much worse than him getting angry.'

Our parents are people too. Of course, we all know that, but there are times when the reminder is like an emotional punch to the stomach. Whether you're eight, or 48, nothing can prepare you for the sight of your mother or father in tears, or looking scared, or in need of help. It can be seen as a rite of passage, the moment when our parents are revealed to us as human, rather than the superhuman characters of early childhood who can make everything OK.

But it can also be the moment when our closest relationships are reconfigured for ever. 'We like constancy,' points out psychotherapist Sherilyn Thompson. 'We like knowing who we are, who are parents are, what they represent.' Any suggestion that >>>





>>> perhaps our parents aren't quite the people we thought they were can throw up all sorts of issues.'

'When I was 17, I found my mum's diary,' says Aaliyah. 'I was your classic angry teen and we'd been fighting a lot, so I think I wanted to read her diary just to spite her really. She'd written all about how much I'd hurt her – she wrote that I'd broken her heart. Until then, I'd had no idea that she could get hurt by anything I did.'

Facing facts

Increasing numbers of us are also looking at a time when we might have to parent one or both of our parents. With divorce rates rising in the over-60s, we may find ourselves offering relationship counselling or a spare bed for the night (or the foreseeable future) to a parent. We might begin to worry that they can't cope financially. Or, with healthcare experts predicting a sharp rise in the number of dementia sufferers, we may find ourselves in the heartbreaking position of having to cope with the demands of a parent who has returned to a very painful kind of second childhood.

Whatever the situation we find ourselves in, it's likely to bring with it a maelstrom of unpredictable emotions. 'It's such an impossible subject to get your head around,' says psychotherapist Wendy Bristow. 'There can be huge resentment even as you're trying to help your parent. At the same time, it can be incredibly painful to see them suffering. If you're caring for a very ill parent, you may find that there's a kind of anticipatory grieving – you're already beginning to feel the loss of the parent you knew and loved.'

'It was actually when my grandmother died that things changed between me and my mum,' recalls Katja. 'I'd been away at university, so I hadn't been there for a lot of that final illness and I was shocked by how my

mum went to pieces after the funeral. She left her job and I remember having long phonecalls into the night with her about how directionless she felt – the same kind of conversations we'd been having in reverse a few months before. I thought, I can't handle this, I'm supposed to be your child. Who's looking after *me*? Even though I knew that she was grieving, part of me resented her being so helpless.'

Katja thinks that having such a close relationship with her mother while growing up made it harder to cope when their roles were reversed, but, as Sherilyn Thompson says, it can be equally hard for people who didn't have a good relationship with their parents. 'If you developed what's

“It's an impossible subject to get your head around. There can be huge resentment even as you're trying to help your parent. At the same time it can be incredibly painful to see them suffering”

known as an 'avoidant detachment' style – where your parent wasn't as available to you as a child – you might have developed an attitude of 'I'm OK, I can survive without them'. Then when you find yourself in a situation where you're looking after them, it can trigger resentment. And sometimes that can then generate guilt – 'Why can't I feel closer to them? Why isn't this coming naturally for me?'

Thompson points out that with this kind of relationship dynamic, it may

also be particularly difficult for the parents to accept your help. 'If they encouraged a lot of independence in their child, it could be because they prize self-sufficiency, so then to have a child who might need to be more involved in their care could make them feel as if they have really compromised their sense of self.'

At almost the other end of the spectrum are the parents who have typically been over-protective and always available to their children, which can



PHOTOGRAPHS: GETTY IMAGES



create what's known as an 'anxious ambivalent' attachment style. 'For the children of these parents, not only does the thought of their parents changing represent a huge threat, but they feel very obligated towards their parents,' says Thompson.

'My parents divorced when I was 32 and, ironically, a few months after I'd got married,' recalls Marina. 'My dad had an affair, so I was naturally more sympathetic towards my mum. I invited her to move in with us while she

got sorted out, which was OK for the first couple of weeks, but it was a lot harder than I imagined it would be. Mum was in the house all the time, she called me at work constantly, wanting to know when I'd be home and what we'd want to eat, then my evenings were colonised by her problems.'

Support network

In everyday life you might not think about your relationship with your parents in terms of your attachment style,

but understanding those different styles can help explain why there's often conflict with other people in our lives when our parents change. 'My husband was so frustrated with the way I handled it,' continues Marina. 'He has a very different relationship with his mum; he's much more independent and couldn't understand why I couldn't confront her. I couldn't understand why he wasn't more sympathetic and supportive. It wasn't until we went to relationship counselling >>>

>>> that I understood that he felt in competition with her for my attention.'

Family ties

It's not just our partners who are affected by these changes. If you have children, the sudden dependency of a parent might feel as if you've got an extra kid to look after. You may find yourself pulling back from friends or work to find the time to cope with your new demands. 'And, of course, your parents never become vulnerable at a really convenient time in your life,' Wendy Bristow wryly points out.

But it's our very oldest bonds that are often the most severely tested – not just with our parents, but with our siblings. 'When families face stress, they revert to old patterns,' says Sherilyn Thompson. Many people find they fall into unspoken roles, with one brother or sister acting as the chief guardian to their parent – which inevitably leads to resentment from the one who feels they're doing it all or the one who feels excluded. 'When Dad died, my oldest brother organised the funeral,' says Sue. 'Mum was relieved at first, but then we both realised that he wasn't prepared to listen to us about any of the arrangements. It was like Mum and I were his little sisters who weren't adult enough to have an opinion. It was so frustrating.'

It's easy to get caught up in the tangle of old family ties, and feel as if our world has turned upside down. *The New Yorker* cartoonist Roz Chast wrote a book about the last years of her parents' lives, entitled *Can't We Talk About Something More Pleasant?* (Bloomsbury, £18.99). And that's the truth of it – we don't want to think about it, let alone talk about it or face the reality that one day, we will be orphaned. The subject is so taboo that we find it hard to confront the feelings it brings up. (Chast has spoken about discovering how much money her parents had saved. 'There I am thinking,

"Oh my God, \$14,000 a month. I could have had that money". And then you think, "God, I'm disgusting".')

Healthy outcome

But in some cases, caring for a parent can also bring a kind of redemption. 'My father had been extremely strict when I was a child,' says Anna. 'He was older, and I was always jealous of my friends who had much younger, cooler parents. When I left home, I moved to France for about 10 years, and Dad and I barely spoke. After my mum died, he

got ill, so I moved back to the UK to help care for him. It was tough – at first he still treated me like a rebellious teenager and we had a few fights, but there were also days when we would just sit in the garden, listening to the radio together, and we'd both laugh at the same joke on *Just A Minute*. We became friends. Now he's gone, but it's those moments I think of, that we might have missed out on, and I'm grateful for what we had.'

Sherilyn Thompson: counsellingcanarywharf.co.uk
Wendy Bristow: wendybristowpsychotherapy.co.uk

CARING FOR YOURSELF WHEN YOU'RE CARING FOR OTHERS

1 'Be aware of all the knock-on effects that taking on a caring role can have,' says Sherilyn Thomas. Are you getting the support you need from other people? It might not be obvious to the other people in your life, such as your partner or your colleagues, so don't be afraid to ask for help if you need it.

these feelings, but being kind to yourself if you do have them – it's completely normal.'

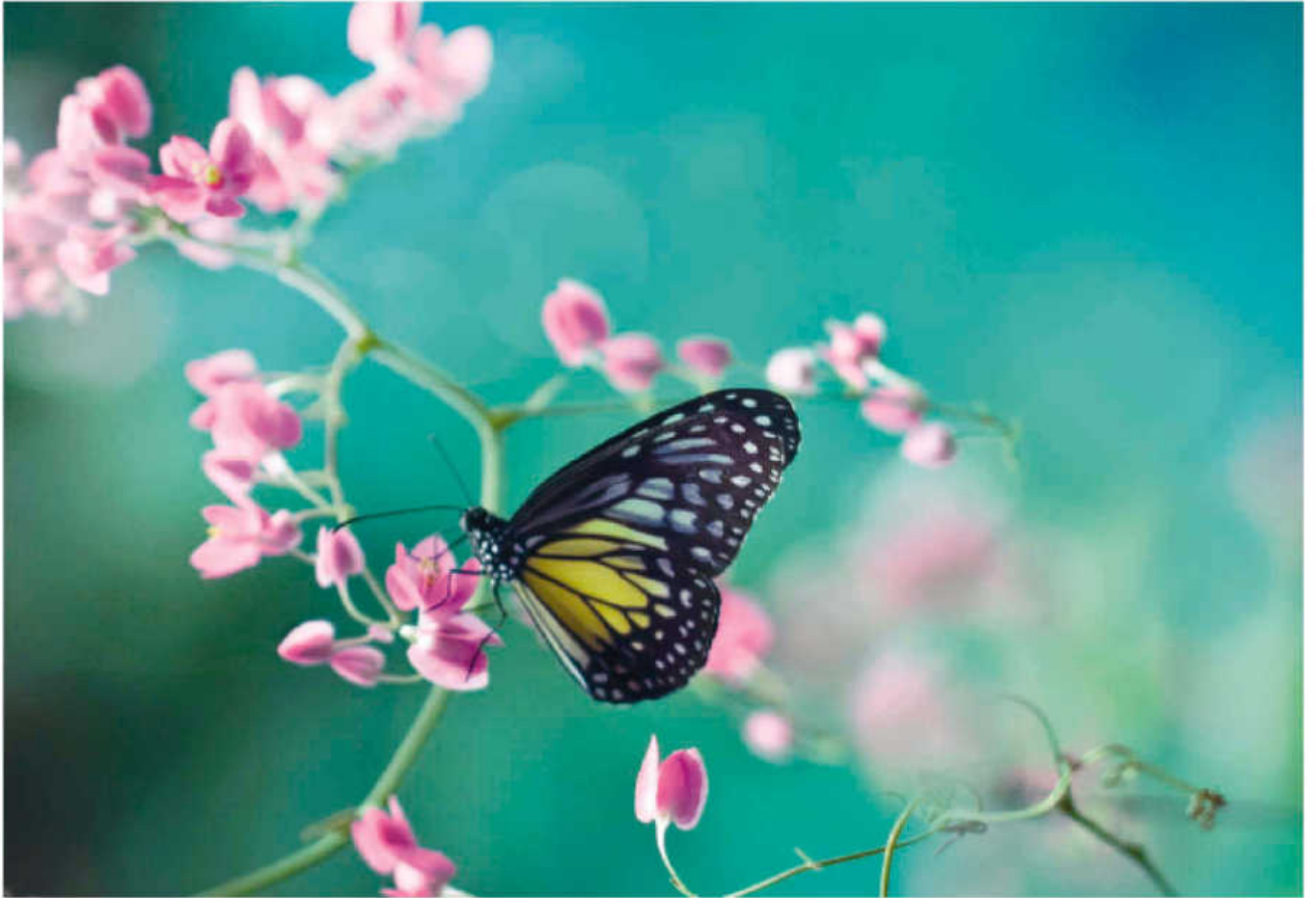
2 'Don't try to chivvy your parents out of the feelings they have,' says Wendy Bristow. It can be very tempting to get them to 'buck up', because it's frightening for us to see them in distress, but they may need to express their own fear, anger or anxiety.

4 When a crisis hits, it's a common reaction to go into superwoman mode. 'It's a way of shoving down all your feelings,' says Bristow. But while it's important that the practical side is dealt with, it's also important to make the time just to talk to your mum or dad. What you want for them might not be what they want, so if possible, says Bristow, 'have a conversation along the lines of: "What do you want from me and how can I help you with this?"'

3 'Honour the feelings that you have,' says Thomas, even if they're feelings of anger or resentment towards your parents. 'It's natural to feel all of these things, but sometimes when people experience them, it adds to the guilt. It's not about reacting to

5 If you have siblings, talk to them. You can be each others' support. It's also a very good idea to think about the responsibilities each of you has towards your parents, and to make sure that no-one feels as if they're either shouldering all the burden or, conversely, being left out.

GOOD THOUGHTS



“I want more of this feeling – fire and wings”

JEAN RHYS

168 hours

You may know how many hours you have in a day, but have you ever thought about the hours that make up your week? **Lauren Hadden** hadn't, until a series of challenges forced her to start thinking differently about how she used her time...

ILLUSTRATIONS KATIE EDWARDS

A text arrives on my phone at 7.15 on a Tuesday morning. It's from my friend, Stacey, who's at the gym. There's nothing unusual about the text, except for the location from which it was sent. I'd always considered Stacey to be like me, by which I mean 'averse to both mornings and exercise', but the woman has recently begun attending CrossFit classes before work. Meanwhile, where am I? Lying in bed, reading an online article by author Laura Vanderkam entitled '15 Things

Successful Women Do Before Breakfast'. Newsflash: successful women do not doze 10 minutes past their alarm, then continue to lie prone, flicking through social media on their phone. Successful women are at their CrossFit class.

My heart constricts in panic. A few weeks ago I might have just shrugged and turned over in my bed. But then I wasn't engaged and planning a swift wedding in four months' time. For a woman who's always been reasonably body-confident, I've suddenly become very aware of the breadth of my hips

when placed in unforgiving silk satin. But where to find time to exercise? Or, for that matter, to cook reasonably healthy meals each day? I work full-time and, though I don't have children, I still have the usual daily chores that go along with running a household. And my fiancé and I have got a shotgun (minus the gun, or the pregnancy) wedding to plan.

On its own, all that would be manageable, but I've also added a mammoth challenge to my personal life in the form of an attempt to read 40 books in 12 weeks. (I'm not mad >>>



>>> – yet; I’m judging the First Novel category in this year’s Costa Book Awards.) A quick calculation, based on how long it takes me to read the average book, tells me that means a hefty 21 hours of reading each week.

Now, you don’t need to sell me on the many advantages of having your nose almost permanently stuck in a book. My worry is, whether I actually have that much free time. And, whether I can work full-time (which mostly involves sitting on my bum in front of a computer), plan a wedding (more sitting on my bum in front of a computer), get in 18 hours of reading (you see where this is going), keep the laundry from piling up (slightly more active job) and look reasonably presentable in a white dress by the time the Big Day comes around. There are only 24 hours in a day. And I spend quite a lot of those hours working and sleeping! Help!

The big question

By now, I’m feeling quite cheesed off at the author of this ‘successful women’ piece, Laura Vanderkam. I decide to look her up. Turns out she’s a busy working mum who also manages to find time to take regular exercise and have a social life. So how does she do it? How do any of these successful women do it? It would seem I’m not the first person to have asked this question – Vanderkam had been asking it herself and has done a few years of hard research, resulting in her latest tome: *I Know How She Does It: How Successful Women Make the Most of Their Time* (Penguin, £9.99). Ignoring every cynical bone in my too-soft, unexercised body, putting aside questions about why men don’t seem to need books like this, and the fact that the book is not on my reading list, I get hold of it.

The research involved asking people to keep a chart in which they account for how they spend every

single half hour of their week. It’s fascinating to get a peek at other people’s weekly schedules, outlined in such minute detail. For example, this from a self-employed mother: *6.30am: made tea, cleaned desk, worked on a system for upcoming employee training; 7am: ‘E’ got up and came into office, asking me to stop working so I could play a game*

“I’m floored by Vanderkam’s point that we all have the same amount of hours in a week. She urges me to think of it that way”

with her. Reading these schedules, kept by women who were ‘making it work’ (demanding job, family, having a life), was challenging at first, but oddly inspiring too – I’m floored by Vanderkam’s reasonable point that we all have the same amount of hours in a week. She urges me to think of it that way – 168 hours in a week, rather than 24 hours in a day.

Over a day, we can feel like we didn’t achieve all our aims – we didn’t exercise, or we failed to spend enough time with the kids. But often, if you look at your life over the course of a week, things can even out a bit more. Sometimes, just seeing how much time you actually spend on each ‘category’ in your life can be reassuring. One of her discoveries, for example, is that we rarely work as



many hours as we think we do, or like to claim.

In for a penny... I decide to keep my own log. I start drawing up my week's schedule, divided into 30-minute slots. This appeals to the teenager in me who got a kick out of highlighting study timetables (rather than studying). Filling it in at work is easy – I keep an Excel sheet open on my desktop. At home and out and about, it's harder. I carry a paper version in my bag, but though it's easy to log hours out socialising or running errands, some of the time I spend at home just seems to disappear.

Time-wasting

This is when I discover how I spend my spare time. I'm a supreme multi-tasker – I sometimes find it hard to account for the variety of things I do in one half hour. Is this why I always feel like I'm doing a million things but achieving nothing? At weekends, this multi-tasking dissolves into mere pottering. I can spend a whole morning trying to clean the house but then remembering I have to go to the post office, which involves an email to someone for an address and then suddenly I'm at the computer again...

I'm also beginning to question the shape of my life compared to the average woman in Vanderkam's research. Most of them allocate half an hour in the evening to cooking and eating dinner; I spend more than 90 minutes at this. We try to cook a meal from scratch most nights, and that does take time. But, I remind myself, eating healthily is a long-term priority for me. Maybe it's time well spent.

That's what I start to consider as I add up my totals at the end of the week. Am I spending my time on the things that matter most to

me? My level of commitment to exercise is visible in the fact that I forgot to even include it as a category when I began adding up my hours. I did get some in, though – a yoga class one evening, and some walks during my lunch hour at work. It's not CrossFit at 7am, but it's a start.

I begin to think more often about where I'm spending my time and where I want – or need, in the case of my reading – to spend it. I get to the point where I choose reading over ironing my clothes – my colleagues turn a blind eye; my granny, once the most glamorous woman in her small town, is probably turning in her grave. That's not so hard. I choose reading over exercise – also not hard, but with the wedding approaching, I make a pact with myself to make time for exercise, consciously. Knowing it only takes half an hour to go for a run, and that I've also allocated enough reading time in other spots, calms me down. I no longer feel that, whatever I'm doing, I should be doing something else.

Three weeks in, and I have to admit I'm not keeping up the half-hour logs assiduously any more, but I think they've taught me the lesson I needed anyway. My time is not always my own – we all have work or duties that take up a certain proportion. But where it is mine, it's also my responsibility to use it as well as I can. As Gandalf so wisely put it in *The Lord of the Rings*, 'All you have to do is decide what to do with the time that is given to you'. He knew, of course, that it's not as simple as it sounds, but that it requires our attention. What will you do with your 168 hours this week?

I Know How She Does It: How Successful Women Make the Most of Their Time (Penguin, £9.99) by Laura Vanderkam is out now.

TIME TRICKS (USE IT OR LOSE IT)

1 LEARN TO ESTIMATE

Knowing how long an activity actually takes as opposed to how long you *think* it takes is key. So track how long it takes you to get your child to bed as opposed to how long you'd *like* it to take. You may find you have to start the whole process a bit earlier. And follow the '100 per cent rule': if you're allocating time to getting groceries, don't forget the time it takes to empty the boot and put away the groceries once you've bought them.

2 MULTI-TASK BETTER

Multi-tasking can be inefficient if employed indiscriminately, but you can do it consciously and carefully. So try, for example, folding your laundry and calling your family on speakerphone at the same time. But don't leave the room to try to tackle three other things in the same half hour (who, me?).

3 USE UNEXPECTED MOMENTS

What do you do when unexpected time opens up, like when a meeting ends early? See this as 'found' time, says Vanderkam 'making unorthodox hours more fun.' Have ideas to hand for time that might appear. Don't while it away checking your phone – 'Cleaning out the inbox feels productive, but it isn't accomplishing much,' says Vanderkam. Better options: listen to a favourite song; do some stretches; read a book; fit in a five-minute walk... the list goes on.

4 SIMPLIFY

This is a lesson I learned myself while trying to balance the competing elements of my life. While budgeting for our wedding, which had to be planned quickly, I questioned which things mattered most and focused on those. Suddenly, I realised what was actually important and everything else fell away. Try thinking of your time in the same way – you only have so much of it. What is it you really want to do?

Gizzi Erskine

Chef, food writer and TV presenter Gizzi Erskine talks to us about her upbringing, inspiration and what she considers 'healthy eating'

INTERVIEW **ELIZABETH HEATHCOTE** PHOTOGRAPH **DAVID BEBBER**

It's a cliché but the second I hit 30, suddenly I was comfortable in my skin. I care about how I project myself to people and I want to give out good stuff and get good stuff back from them but, apart from that, I just want to be myself.

When I was first asked to do TV, I felt very insecure. I didn't know who to be because I was a weirdo; I was covered in tattoos and half my head was shaved, and I decided maybe I should conform and be like everyone else. I covered up my tattoos and the fact that I had the side of my head shaved – and I didn't get the job because they wanted someone more unique!

My mum broke up with my dad when I was about seven, and she was a superpower. She was a single parent with three young daughters, and gave us a brand new life with no money – she just worked her arse off. She was suffering inside, whereas all of us have the greatest memories of that time. I think that translated to myself and my sisters; we're all independent, strong, successful women.

I left school without taking any GCSEs. My dad was dying and I totally rebelled. But weirdly, because I knew I was intelligent and was doing really well up to that point, it never held me back; it made me want to achieve more. Once I decided I wanted to cook, I went to Leith's School of Food and Wine and ended up coming top.

I don't have regrets about my education. Obviously, young people should know how important it is to be educated, but I don't think education makes the person. I believe you succeed because you have something in you that drives you and makes you *want* to succeed.

When my father died, I buried my head in partying and rock 'n' roll. Then I remember five or six years afterwards having a reality check. Acceptance for me is a big thing – but

the hardest thing, too. With so many things in my life, the second you accept what's happened, you move forward. I struggled with not being able to ask my dad questions. He was a lot older and had a really interesting life. You want to get to know that person – but you can't.

Food was my mother's passion. She is quite bohemian; while everyone else was eating spaghetti bolognese and thinking that was radical, my mum was cooking pad thai. I would be really embarrassed if my friends came over for tea but, at the same time, I loved it.

She worked abroad a lot when we were children and she used to talk me through a recipe for dinner over the phone. I'd say, 'Mummy, I want you to cook' and she'd say, 'Right, this is what you do.' That was how we bonded.

Cooking for me is therapy. It's like nurturing the soul at the same time as nourishing your body.

My mum gave me a great mentality towards healthy eating. Nothing was out of bounds. We ate three solid meals a day, then maybe a bit more on the weekend, and that's how I like to live still. In the week I'll try and eat a bit more veg, but on the weekend, I don't give a toss. And that's just naturally a healthy way to look at food.

The whole 'clean eating' thing horrifies me. The love and heart has been taken out of cooking. Put some avocado in a bowl with some kale... that's not dinner. What's unhealthy about a lovely, gelatinous bit of stewing steak or ox cheek with onions, garlic, carrots and swede and really good stock? I'm on a mission to get people to understand that healthy eating is just cooking with good-quality ingredients and the ability to eat everything in moderation.

'Gizzi's Healthy Appetite: Food To Nourish The Body And Feed The Soul' (Mitchell Beazley, £25), is out now.



Relight your fire

Loss of desire in committed relationships is the plague of modern couples. World-renowned sexuality expert **Esther Perel** considers 10 causes of women's loss of sex drive – and how to get your va-va-voom back...

Here's an example of one of the many problems that people consult me about: 'My wife and I have been together for 17 years. In the beginning, the sex was great, but now, my wife has lost interest in sex. When we do have sex, she shows no reaction and she doesn't reach orgasm either through oral stimulation or intercourse. I know she still loves me, but I have no idea what has turned her off sex.'

'I have been trying to understand why I have no sexual desire to be with my husband, even though I love and adore him. When he kisses me, I feel like I'm being kissed by my brother, whom I also love and adore, but don't actually want to kiss.'

These are typical messages sent to me from both sides of the marital bed. Husbands and wives, boyfriends and girlfriends – all write to me daily with the million dollar question: where has desire gone? In my efforts to investigate the seemingly inevitable death of sexual desire, I've compiled a list of 10 reasons to begin a conversation around why women, in particular, lose their appetite for sex. For some of you, I may speak on your behalf, and this could help your confused male and female partners get a glimpse into the mysteries of women's desire.

I can't tell you how many men and women complain about the loss they feel when their partner becomes sexually disinterested. It's not generally sexual dysfunctions that bring people

to see sex therapists; it's loss of desire. It's desire that is the organising principle of sex in our relationships today, not children or marital duties. But, to expect unwavering lust for the same person for the long haul is actually a grand experiment of the human kind, and it proves more challenging than many would believe.

In my practice, I've never known a woman that loses her sexual desire who is OK with it – even if she says she is. I often hear: 'If I never had sex for the rest of my life, I would be OK'. But, they say it because they think it's hopeless. Some women may never have experienced a luscious sexuality, but if they did at some point in their life, then they are often quite bewildered about why their desire has flatlined. >>>

love and sex



10 reasons why we lose our desire

Love and desire are related, but they can also be in conflict. Here are 10 reasons why women lose sexual interest and some thoughts on what you can do to change the situation...

1

Being in a long-term, committed relationship

Clinical psychologist Marta Meana says women lose interest in sex because of their feelings of responsibility and caretaking in a committed relationship, and the routine and obligation of sex. Giving herself permission to stop worrying, thinking about the kids or her physical appearance – that is what is most difficult for a woman to do in order to even enjoy those kisses and caresses. She often will need her partner to help give her permission to stop worrying and let go. Any way that alleviates her burdens and feelings of responsibility can be helpful in reigniting her sexual desire.

2

Forgetting about foreplay

Foreplay can be more enjoyable than the actual act of sex itself. The idea of the prelude before the real thing is the real thing for many women. Kissing, stroking, caressing and teasing are often what can pleasure women most. A common complaint that I hear from many women is that their men only touch them or kiss them with an end goal in mind – penetration. These women think: 'The whole day can go by and I don't get a kiss, but when he's horny, he gets all gushy.' Women need affection to be continuous; for her, foreplay starts at the end of the previous orgasm.

4

Acting the dutiful wife or girlfriend

So many women tell me: 'I'm having sex because I'm supposed to. I want to do it for my husband. I know he needs it.' So, while they become good and dutiful, they also lose the knowledge of themselves that is the key to desire. They're so busy making sure that they're being good partners that they no longer know what *they* want. When they think about sex, they think about the sex *he* wants. There is no blame involved here; it's not because the man is doing something wrong. It's wonderful when men still desire their wives and girlfriends, and the day they stop desiring them is the day that we should be really worried.

3

Believing orgasm equals satisfaction

People think that sex is satisfying when you both climax or when there is some other measurable result. But pleasure and connection extend vastly beyond sexual performance. What does sex mean for you? From my experience, women will think sex is great because they felt lustful and wanted it, not because of the outcome. Many women are reluctant to engage sexually because they assume they will have to commit to the entire act. You may enjoy fondling and kissing, but you don't want to build up all the energy and arousal necessary to reach orgasm. For some men, there is a direct route between kissing and orgasm, but women can mistakenly assume that men always want the whole act, when they would be happy just to connect as well. This is the blurry part; men can mean what they say at the start but, if they get excited, they don't understand why it should stop.

“Women try to make sure they're being good partners but they no longer know what *they* want. The domestic life is a priority over the erotic”



Misunderstanding women's sexuality

Women's sexual desire is subjective and diffuse. The genital- and orgasm-focused approach to sex is a rather male approach. For a woman, it's more often than not what happens between her ears that charms her, rather than what happens between her legs. Feeling seduced, pursued, complimented,

charmed, cherished and made to feel beautiful are her biggest turn-ons. Keep in mind that although women experience their desire as more fragile and can feel that they may lose it more easily, they can also easily reconnect with their desire, since it is fluid and responsive to circumstance (for example, weather, time of day and mood).



Sexual boredom

Men often remain more easily attracted to their wives. What they want most is for her to want sex as much as them. But because women lose their appetite more easily, they need

the food to be far more appetising in order to be interested. In order for her to want sex, it needs to be sex worth wanting, says psychologist David Schnarch. Often, it is that she's not interested in the sex that she can have. If she's interested in the sex, she's more likely to escape the limits; the routines, and the endless list of 'shoulds'.



Getting confused by women's contradictions

Just because she enjoyed sex last night doesn't mean she wants it again today. Why is it

no problem for her to want ice cream yesterday, and want some again today, whereas with sex, it's different? Or she says: 'I want you to hear me when I say no, but I also don't want you to give up too soon, because if I don't respond immediately and you give up, then you obviously weren't that into it in the first place.' On the other hand, 'if you push too much, you're not respecting my boundaries'. And there's also, 'I don't feel like it but maybe you can make me feel like it. Make me want to say yes, without being a predator.'



The paradox of security and desire

Women see themselves as a mother, a wife and a caretaker. None of these roles are associated with feeling sexy. If you can leave the domestic and enter into the erotic, that's a step in the right direction. There are centuries of history conspiring to desexualise wives and mothers. Many women (and men) hold this legacy internally.



Not being aroused

Nothing turns a man on more than a woman who's turned on. And nothing turns a woman on more than to be the turn-on. He can be ready for sex but if she's disconnected from herself, it'll do nothing

for her. A man can tell a woman she's gorgeous, but because women see men's sexuality as less discriminate ('he just wants sex and I happen to be here'), she doesn't believe him. She rates her own self-appraisal more than anything he can tell her. Sexologist Rosemary Basson says there are three motivations that drive women to sex: arousal, desire and willingness. Women can be physically excited and physiologically aroused, but not experience desire. They can act turned on, but the mental and emotional experiences are missing. At other times, they can have desire, but are not yet physically aroused; they like the idea of sex, but they're not feeling it in their body yet. Willingness is the ability to remain ready and curious to see what will happen if she lets herself go with the flow. She may not yet be in the mood, but she's open to seeing if the mood will come.



There's a physical issue

Could there be a hormone deficiency? If you're menopausal, that will certainly make a difference. Too often the reason is a thyroid deficiency, which can have a major influence. An endocrinological check-up could be useful.

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The . saviour trap

Most of us have been guilty of putting too much energy into emotionally rescuing someone else, but in her eagerness to help others, Rin Hamburgh realises she may be ignoring the one person she needs to help first – herself

The words ‘Do you want to feel empowered, and help others to feel the same?’ jumped out at me as I read *Psychologies*’ ‘powerissue’ in October last year. With Hillary Clinton as its covergirl, *Psychologies* was leading from the front and encouraging us all to be the leader in our own lives, inviting us to apply for a free workshop. Self-development is something I’ve always been interested in. The opportunity to add to my knowledge and – even more excitingly – help others,

was just too good to miss. But as I sat in the workshop, listening to our trainer, Will Murray, I had an important revelation: empowerment isn’t something you can teach.

‘Only one person can be responsible for someone’s attitude and that’s themselves,’ Murray explained. ‘So the very act of trying to train someone to be empowered is a contradiction.’

It turns out I had fallen into what Murray calls the ‘saviour trap’. I had envisaged myself learning a series of clever tips and techniques and using

them to change people’s lives – not a bad goal, right? Except that by so doing, I would have been sustaining a cycle that creates victims by providing people with ready-made solutions, rather than allowing them to find their own answers.

Vicious triangle

The notion of the saviour trap derives from a model called the drama triangle, first used by Stephen Karpman in the late 1960s. This triangle casts one person as a victim, a second as the

PHOTOGRAPH: PLAIN PICTURE

>>>



>>> saviour, and a third as the perpetrator (this last could be a circumstance rather than a person).

The victim feels that they are at the mercy of the perpetrator and looks to the saviour to help them. But this means that they never actually take responsibility, and the relationship easily becomes dependent.

Of course, this situation is unsustainable; eventually the saviour is bound to let the victim down in some real or perceived way. Then, the hurt victim may begin to see the saviour as a persecutor, and the saviour themselves may start to feel victimised.

True empowerment

This negative spiral is all too easy to fall into. 'It's quite seductive on both sides,' says Murray. 'A lot of people enjoy teaching, training and coaching, because ultimately it makes them feel good. And those who are being helped don't have to take personal responsibility; they feel that somebody else has to help them.'

By contrast, true empowerment is about understanding that we don't need to wait to be rescued – we can rescue ourselves. And that all starts with self-awareness; understanding our strengths, so that we can build self-esteem on an authentic platform.

'The idea that you can be anything you want to be would be lovely if it were actually true, but it's not true,' says Murray. 'Instead, the message should be, "You can be anything you want to be that's appropriate to your strengths and abilities".'

This is where a simple card game called Packtypes – developed by Murray – comes in. By choosing a series of cards that you feel best describe you, it helps you in a fun, interactive way to know yourself better, to understand your core strengths and the strengths

“Talking to your friends and family in a purposeful manner can be incredibly effective and useful. Often you'll come up with your own answers”

others see in you, and, perhaps most importantly, to engage in conversations and reflection that develop your self-awareness and, in turn, your confidence. 'Simply talking to your friends and family in a purposeful manner can be incredibly effective and useful,' says Murray. 'Often when you talk things through, you will come up with your own answers.'

'The problem is that most people

don't know where to start; they don't have the framework or the language for positive conversation,' says Murray. 'What we're doing with Packtypes is giving people the framework to make those friendly conversations more effective.'

By engaging with Packtypes over time and understanding more deeply their personal strengths, people come to realise that they are not only responsible for their attitudes and behaviours, but capable of taking on this responsibility. They realise, in other words, that they don't need a saviour.

'People are much more capable of helping themselves than we give them credit for,' Murray says. 'They just need the language and framework of conversation and reflection.'

Read more about how to empower yourself in our Empowerment Challenge in Life Labs: lifelabs.psychologies.co.uk/channels/114-the-empowerment-channel

HOW TO USE PACKTYPES

The Packtypes kit consists of 64 cards and an instruction/record book. On one side of each card is a positive personal attribute word (for example, loyal, outgoing, precise) and on the other, a picture of a dog, representing one of eight 'pack' types (Coachdog, Mastiff or Terrier, for example). The idea is to pick 12 cards that best describe you, then turn them over to see which Packtypes they coincide with. The descriptions in the book allow you to find out more about the profile you have revealed.

Use the Packtype cards regularly to build up a picture of yourself, in different circumstances (at home and at work), and get others to Packtype you too, sparking conversations that will lead to deeper insights and growing self-awareness. 'The more you play, the more you learn and, as self-awareness is a journey not a destination, you can always learn something new about yourself and those you care about,' says Murray. Find out more at packtypes.com.

GOOD THOUGHTS



“The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines”

ANNE LAMOTT



Make a difference, one person at a time

Have you tried Packtypes yet? Here are some people who have...

"I was intrigued by the concept of Packtypes from the start and the more I learned, the more excited I became and my excitement spread to those around me as I shared this ingenious concept with friends, family and clients."

You can take the cards anywhere - into the workplace, at home with the family, out for an evening with friends and simply have fun discovering more about yourself and others around you. Packtypes has strengthened and empowered me and I promise you; Packtypes can definitely transform your life."

Sarah-Jane Johnson, Counsellor

"I couldn't possibly have imagined how successful Packtypes would be. I am continually being asked to provide additional Packtypes Cards and Books to new teams across the business. Packtypes is filtering deep into our language and culture and has started to reshape the way we think and talk about developing people across Asda."

Owen Hickey, Senior Manager, Culture Development, Asda

"There is no better feeling than when someone 'completely gets you' using Packtypes; you feel properly understood. The look on someone's face whilst playing Packtypes is priceless, people feel totally inspired, yet are still curious to learn more about themselves; it's outstanding."

Playing Packtypes has led to conversations that wouldn't ordinarily happen. People are happier to express their feelings openly and talk about issues. We are more motivated, have a greater sense of purpose. We are also more open to listening and curious and willing to learn from the way other people perceive us. The overall effect is a huge boost to confidence."

Hannah Bell, Detective Sergeant, Durham Constabulary

"Because of Packtypes, I've had some of my best, most helpful conversations with my family. Better than any conversations that happened as a result of other profiling tools, or even therapy. Packtypes has helped me learn about myself and my impact on others in a way that is fun, unintimidating and transformative."

It provides a positive framework for conversations, whether at home or at work, making them easy to have. Packtypes allows you to take on board others' feedback about you in a way you can use to improve your relationships on an ongoing basis."

Suzy Bashford, Director, Little Miss Copyright

"Packtypes may seem different and even a bit wacky, but trust me; the insight and impact Packtypes delivers is truly profound. You see things more clearly and make better decisions and choices. My advice is to have a play. If you don't, you may miss out on some very fulfilling personal experiences."

David Coaché, Headteacher

Order your Packtypes Awareness Pack today, £24.99
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LOVE

You're having a laugh

Every month, **Sarah Abell** invites you to try a 30-day experiment to improve your love life

1 THE PROJECT

Do you love a good giggle, mucking about, teasing or initiating fun games? Yes? Then it's good news for you, because according to research, you have more chance of attracting a long-term partner than your more serious friends.

2 THE AIM

Let your light-hearted side out on a date. A new study by researchers at the University of Zurich* discovered that both men and women put kindness, intelligence, love of fun and humour at the top of their list of characteristics they value most in a potential partner.

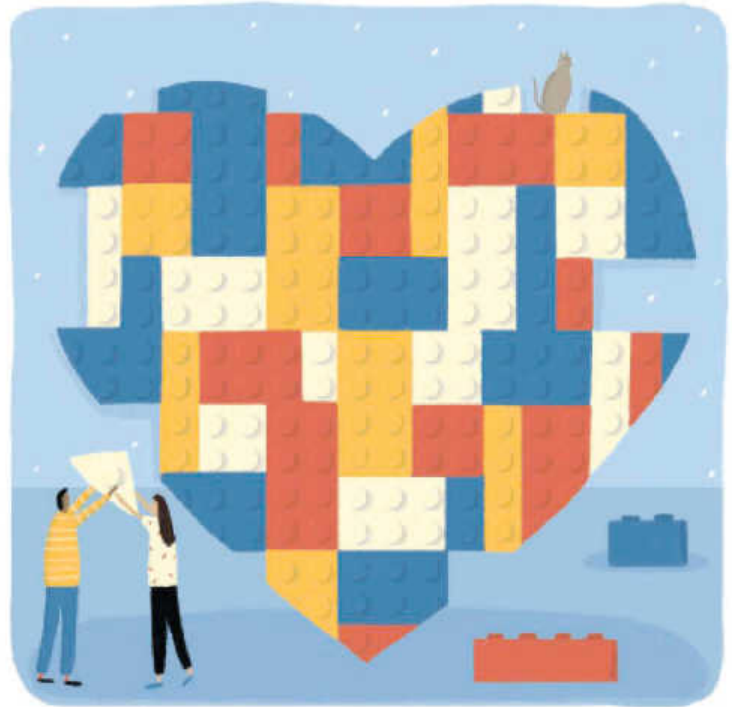
3 THE THEORY

The researchers interviewed 327 students and asked them to look at a list of 16 characteristics. They were then asked to indicate which ones of those they found the most desirable in a future long-term relationship.

The results showed that both men and women largely agreed on what they valued, although women on average ranked sense of humour more important than men, and more men than women appreciated an exciting personality.

According to the research, friendliness, humour, fun and playfulness are more important traits than having a degree, good genes, earning potential, good housekeeping skills or being religious.

It also transpired that participants who considered themselves to be playful were more likely to value playfulness in a mate and were more likely to be in a relationship than those who didn't.



NOW TRY IT OUT

Whether you're single, dating or in a committed relationship, it's never too late to let your playful side out.

- **Get playing.** What did you love doing as a child? Whether it was playing Lego, colouring, kicking a football, climbing walls, board games, building sandcastles or dressing up – why not give it a go?
- **Go on an adventure.** Stick a pin in the 'What's On' section of your local paper and go to whichever event you land on. Get on the first train at your local station, go three stops and see where you end up, or order something you've never heard of in a restaurant.
- **Make time to laugh.** What makes you and your friends or partner giggle? Whether it's watching a good comedy, tickling, having a pillow fight or telling jokes, make sure you get chuckling soon.
- **Keep a record.** Write down jokes, amusing stories, embarrassing moments or fun memories to remind yourself of them when you need a smile, or share them with your partner or potential date.

SARAH ABELL is a coach who helps people live, love and lead more authentically. Find out more at nakedhedgehogs.com

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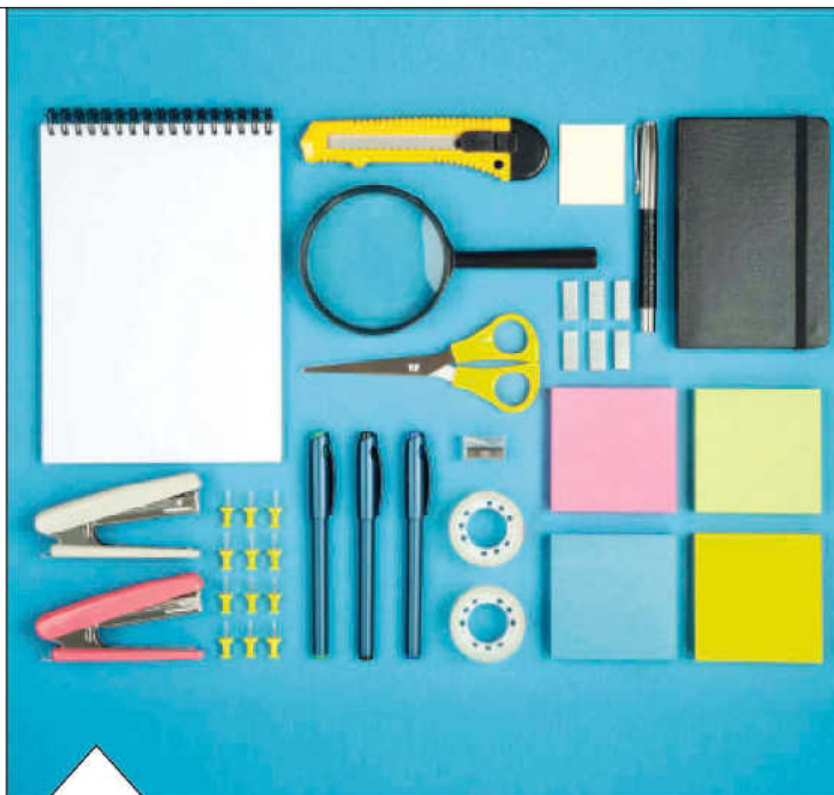
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Self

Five tips on achieving self-acceptance

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How did sleep become such a big deal?



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- Should you get a new job?
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- Can you forgive and forget?
- What's your role in your family?

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“My son obsesses over his looks”

As the mother of image-conscious teenagers, Dr Ilona Boniwell looks at the science behind self-esteem in young people



DR ILONA BONIWELL is course leader for the new *International MSc in Applied Positive Psychology* at Anglia Ruskin University. She lives with her husband, their toddler and four teenagers from previous marriages

Got a **QUESTION** for Ilona? Email ilona@psychologies.co.uk, with 'ILONA' in the subject line

My son, Jason, 18, used to be a chubby teenager, but made the ugly-duckling-to-swan transformation around the age of 15, and is now a gorgeous, slim young man. Jason attributes his success to drinking gallons of water, but he clearly went much further. At every meal, he serves himself virtually half of what the other kids take, despite being the eldest. He looks great, but we're concerned about his paranoia of overeating. In my darkest moments, I wonder whether he is anorexic. He thinks skin-tight jeans make him look cool. Yet, how do we define cool, sexy or hot? How do we, as parents, navigate the question of image in today's celebrity-obsessed world?

The science behind looking good and image for young people has two parts. While there is research confirming that being attractive counts in life (teachers, friends and parents judge physically attractive children as more competent, academically able, socially skilled and emotionally more adjusted), there is an even more substantial body of research to show that it is how a person feels and what they radiate to others that counts.

There are four dominant teenage myths surrounding image:

It's what you look like that counts.

Wrong. It is how a person *feels* that counts. Feeling comfortable and confident in one's body leads to a positive body image. Research has

shown that individuals who place an unusually high value on their own appearance, and who have a strong desire to be regarded as attractive, tend to have poorer mental and physical health than those who don't. This is because body image is psychological and is influenced by an individual's self-esteem, self-worth, perception of one's body and how others may perceive it. It is not based on the truth, but on a perception of the truth, sensitive to mood swings, physical environment and experiences.

If I look like my friends, I'll be happy.

Wrong. What scientists call 'social comparison' is one of the quickest ways to lower self-esteem and damage self-confidence. People with an inherent tendency to judge what they look (and live) like compared with others can remain dissatisfied with their lot throughout their lives.

If I'm beautiful, rich and famous, I'll be happy.

Wrong. Research has found that children whose aspirations centre around money, fame and physical appearance tend to have poorer mental health than those who pursue goals such as developing close relationships or helping others. Those who feel the need to look good and be recognised have higher levels of depression and anxiety, and experience more physical symptoms, such as headaches, lack of energy and lack of vitality and enthusiasm.

Girls care about their image more than boys. Wrong. Girls talk about image more, but, on their own, boys have been shown to be more vulnerable about their looks than girls. The media and health agencies report that body-image issues have become more of a problem for teenage boys over the past decade.

So the real question for your teens is how to make a shift from being obsessed by their own anxieties to being someone who is more interested in other people. Not an easy task for them, or you as a parent to bring the idea across. And don't despair if faced with another, 'You don't understand, mum. Things are not the same now as in your day..'

MORE INSPIRATION

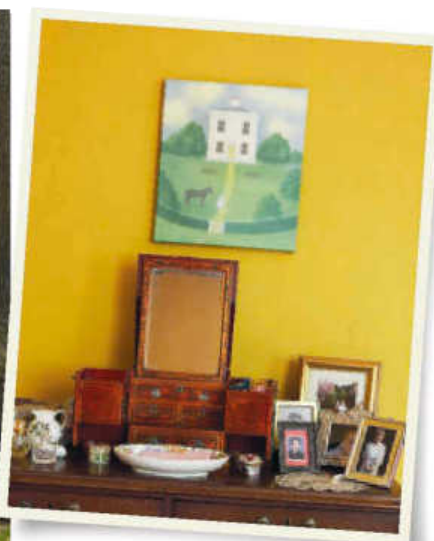
Read: *about the science behind image myths in Making Happy People* by Paul Martin (Harper Perennial, £11.99)

Learn: *about positive parenting at the Anglia Ruskin University:* anglia.ac.uk/imapp

The Victorian greenhouse was originally designed to grow vines, but has been restored to work as an outdoor room, where Elizabeth can draw and print with a view of the garden. The wooden chairs are vintage finds



'This feels like a very solid, real house, with big trees that wrap around us and protect us'



'I painted the picture above my dressing table and it reflects my fascination with secret houses and gardens'

“You need to listen to a house”

For artist and printmaker Elizabeth Harbour, home is a place where memories from the past help creativity to flourish

WORDS JO LEEVERS PHOTOGRAPHS PENNY WINCER

THERE'S A PICTURE of a house in Elizabeth Harbour's bedroom that speaks volumes about what 'home' means to her. The picture she painted has a naive quality, with fluffy clouds and the white house safely encircled by trees and a neat fence. 'I've always had a fascination with secret gardens and houses that are slightly hidden away,' Elizabeth explains. 'I like to imagine the stories played out behind the dark windows.' The image is one Elizabeth has returned to over the years: in some versions, a small girl absorbed in play or the silhouette of a bird flit across the garden. For Elizabeth, home is a place to

nurture memories and nostalgia – and where the artistic spirit can thrive.

Interestingly, the house Elizabeth now shares with her husband Llewellyn, their daughter Esme, 16, and son Sam, 13, is not dissimilar to the stylised image on the canvas – at least from a certain angle. 'We live in the end portion of a Georgian vicarage,' explains Elizabeth. 'But if you look at the entire house straight on, yes, I have to say there is a certain resemblance.'

Ten years ago the family made the move from south London to this house in Kent, just 11 miles away from where Elizabeth grew up. But her childhood

home was in a very different style: 'It was a 1960s house on a new estate, built on what had been a gated 19th-century residential park,' she explains. 'So, while the housing estate was modern, it was surrounded by ancient trees and still felt potent and laden with atmosphere. I remember walking home from school beneath canopies of branches under a darkening sky. The surroundings set my imagination reeling.'

When the couple found this house, the architecture struck a chord with both Elizabeth and Llewellyn – but the garden was also a huge draw. It has two tall trees – an unusual cork oak and a >>>



TOP: The cosy living room was once the vicarage study. The 300-year-old clock was given a new case
THIS PICTURE: The chair in Elizabeth's studio is covered in her own-print fabric

'When I'm not doing something creative, I feel restless. I'm at my best when I'm making something. The old greenhouse is a peaceful place where I can work on my print designs'



'I like character. So many kitchens look totally sterile and clutter-free, but I think the kitchen should be the warm centrepiece of the home'

deodar cedar – and a pond that attracts birds and wildlife, which frequently feature in Elizabeth's art. 'The trees feel like part of the house,' she says. 'It's as if they wrap around it and protect it.'

As for the interior, Elizabeth and Llewellyn wanted to create a home that dovetailed with the original features, which they felt had been stifled under layers of burgundy-red paint, swagged curtains and dark antiques. 'It needed stripping back and rediscovering,' says Elizabeth. To find a style that works, she says, 'you need to listen to a house'.

The Shaker-style kitchen cabinets were made by Llewellyn, as were the glazed kitchen wall panels, which hark back to Georgian 'below stairs' rooms, as the kitchen occupies what was once

the servants' quarters. In other rooms in the house, original shutters that had been painted shut were gently prised open, and well-loved pieces of furniture were moved in alongside art by friends and art college colleagues. 'The house needed to be loved and revealed again,' Elizabeth says.

Meanwhile, a restored Victorian greenhouse provides a creative space where Elizabeth can do her printing and painting. For the last five years, she has run Art for Enjoyment classes and print workshops around Kent and Sussex. 'I meet so many people who loved art as a child, but couldn't pursue it further. Seeing someone rediscovering a whole new side to themselves is great,' she says.

The house is full of things that have

been drawn or made by Elizabeth, Llewellyn or their children. 'We always say, if you can make it, don't buy it,' she smiles. Then there are the ornaments, many found on day trips and holidays, others handed down by Elizabeth's mother and grandmother. 'My mother died when I was 27,' says Elizabeth. 'For a long time, I felt broken.'

Moving back to Kent and making this beautiful home for her own family has been part of the healing process. 'A house needs to be full of personal objects and memories to make it a home,' says Elizabeth. 'But, really, it's the people who make it meaningful.'

For information on Elizabeth's work and art courses, go to elizabethharbour.co.uk



FAR LEFT: The blue Shaker-style knife box and kitchen units were made by Llewellyn

ABOVE: He also designed and made the glazed wall in the hall to reflect the house's past

LEFT: In the master bedroom, Elizabeth teamed a French throw with an Eastern European-style carved bed





In praise of eccentricity

There is no such thing as 'normal', argues writer, performer and proud eccentric David Bramwell – so why not learn to embrace all your weirdnesses and dare to be all of who you are – quirks and all?

Many years ago, as a graduate returning home to Doncaster, I visited my local pub, proudly sporting a new beret. I had no idea how much trouble this would cause. The locals, unprepared for anything as controversial as a hat, made their discomfort clear and I barely escaped with my life. Only a year earlier I'd been chased down the street for wearing purple flares. Vowing to live somewhere that would embrace difference rather than fear it, I chose Brighton. It was the best decision I've ever made.

Over the years, I took part in occult rituals and naked bike rides and occasionally dressed in outfits that would make Elton John blush. As a novice journalist I also began to pen a monthly column, *Brighton Eccentric*, for a local rag. There was no shortage of willing candidates. I met a voodoo priest, a

woman who'd driven around the UK in a milk float, drag king Elvis Herselvis, a man who took his Dr Who dog K9 for daily walkies, a lady who'd twice rowed across the Atlantic with her mum, and a twitcher who ruffled a few feathers by

“Eccentricity has the power to change the way we see the world and, like humour, can also be good medicine”

insisting on bird-watching in a leopard-skin thong. It began to dawn on me that my own eccentricity was a passion for eccentricity itself.

Not everyone, however, is comfortable with this word. To some people it's

a pejorative term, used dismissively to describe poseurs, social misfits or touse-haired fops who deliberately play the wackiness card to boost their public profile. Yes, I'm talking about Boris Johnson. But any disdain surely comes down to semantics. In its purest sense, 'eccentric' means unconventional or out of the ordinary – and who could take umbrage with that? What homogeneous high street isn't improved with a quirky boutique?

Daring to stand out from the crowd does, however, come with a caveat: we risk being ridiculed. I have nothing but admiration for artist Grayson Perry's confidence with his female alter-ego, or my friend Jess, who gave up her day job to scrape up roadkill and turn it into unique fashion accessories.

What I recall most fondly about the eccentric people I interviewed for my column was the courage and joy they >>>

>>> experienced in daring to be different. One notable interviewee was Lorraine Bowen – a tall, cheeky musician with a passion for polyester and old Casio keyboards. I'd often see Lorraine dressed in a psychedelic 1970s frock at local cabaret nights, her keyboard balanced on an ironing board as she sang a song about post office queues. Lorraine's eccentricity was not confined to her stage show either – she was exactly the same off-stage. Twenty years later, there she was on *Britain's Got Talent*, singing a song about apple crumble, as a scowling Simon Cowell buzzed her off immediately. Cowell never was going to like her. Ever the populist, his choice of music, like his dress sense, is conventional and bland. Lorraine, in daring to be different, has a style that is kitsch, cheeky and full of charm. She is one of a kind.

Britain has a very liberal attitude towards freedom of expression. Institutions such as Speakers' Corner in Hyde Park actively encourage people to share their views, no matter how odd or controversial. At times, though, we can be painfully conservative, and the right to express eccentricity becomes a hard-won but important battle.

In 1986, Oxford resident Bill Heine installed a giant fibreglass shark 'crashing' into the roof of his terraced house. It caused untold controversy when first unveiled. Local authorities said it had to go, suggesting Bill 'hang it up in a local swimming pool' as a compromise. Bill's tenacity prevailed. After an eight-year court battle, the shark was allowed to stay. The Shark House is now world-renowned, the cover star of a book called *Eccentric Britain* and one of the UK's most celebrated examples of outsider art. The Millennium Dome on the other hand, in its original guise as an exhibition centre, dreamed up by government-approved committees, is described as an 'aesthetic and social disaster' in *The London Compendium*.

Eccentricity not only has the power to change the way we see the world, but, like humour, can be good medicine in the right hands. Poet and musician Ivor Cutler was a cult figure from the 1960s to his death in 2006, and a casebook eccentric. Dressed in plus-fours, tweed jacket and a hat laden with flowers and badges, Cutler would cycle around London handing out home-made stickers to strangers. Once, boarding a bus with an angry driver, Ivor handed the man a sticker that read: 'You are beautiful'. Confronted with this gift from a total stranger dressed like an Edwardian

“If you've ever dreamed of living in a treehouse or learning to play the bagpipes, all it takes is a little courage to stand out and be different”

pixie, the driver broke into a huge grin and gave Cutler a hug.

A teacher for 30 years, Cutler came to view eccentricity as a refusal to let go of the child within. When his partner Phyllis asked him on a BBC radio programme, 'Why have you never grown up?' He replied, 'I've been busy.'

Children are natural eccentrics, attracted to whatever fascinates them, no matter how strange. For the past year, a friend's daughter, Olivia, has insisted on watching the same documentary about tractors every single day. It's truly tedious but she doesn't care; she's three and she loves tractors.

As a boy I was a chatterbox. I loved to talk. And talk. Especially about anything out of the ordinary. Whether my classmates liked it or not, they were

my audience on subjects ranging from time machines to ghosts. As such, throughout my primary years, I always found myself on the 'naughty' table in front of the teacher's desk where he/she could lob a blackboard rubber at me if I was talking too much.

By my early thirties, penning my *Brighton Eccentric* column wasn't enough. I dreamed of a regular club night where people gave talks about their eccentricities. It didn't exist, so I set it up myself and called it the Catalyst Club. It's now been running for more than 11 years and has had over 500 speakers on topics ranging from one man's collection of tinned meat to a lady who builds robotic crows. The more eccentric the speaker, the more the audience seem to like them. And, of course, I like to give talks, too. Recently I was invited to be a guest speaker for the WI. I now travel around village halls in Sussex speaking on ghost villages, postal pranks and time travel. I have embraced my eccentricity and even found a willing audience. And like the people in my column, it makes me very happy.

Picasso famously said, 'All children are artists, the problem is how to remain an artist once they grow up.' Perhaps the same can be said for eccentricity. Without it life would be sanitised and predictable. Whether as a child or in adulthood, if you've ever dreamed of living in a treehouse, collecting toupees or learning to play the bagpipes, all it takes is a little courage to stand out and be different. But then, paradoxically, difference is the one thing we all have in common. At the end of the day, we are all eccentric, whether we like it or not. Question is, would you rather be a Lorraine Bowen or a Simon Cowell?

'The No9 Bus to Utopia' by David Bramwell (Cornerstone, £9.99) is out now. He is host of Brighton's Catalyst Club (catalystclub.co.uk) and co-host of the Odditorium (oddpodcast.com), a fortnightly podcast of his favourite eccentrics.

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In partnership with NOW Live Events, we're offering two life-changing workshops – Alastair Creamer on making the right career choices and a conversation with psychologist Tanya Byron

SEPTEMBER WORKSHOP

Would you take your own career advice?

DATE: 9 September 2015

VENUE: Conway Hall, 25 Red Lion Square, London WC1 4RL

TIME: 7pm-8.30pm **COST:** £18

In this powerful, interactive session, leading creative thinker, coach and Eyes Wide Opened co-founder, Alastair Creamer, will help you become the best role model you can possibly be to those at a career crossroads – be it your best friend, partner, sibling, your teenager or just yourself. Learn how to be both pragmatic and inspirational. The acid test is: would you take your own career advice?

THIS WORKSHOP WILL HELP YOU TO:

- Learn what being a brilliant role model actually entails
- Develop your listening skills and ability to 'read' others
- Ditch a 'fixed' mindset and approach
- Get better at braver conversations
- Improve your technique at translating life's experiences into usable qualities and skills
- Learn some of the best questions to ask someone who's stuck in a rut



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OCTOBER WORKSHOP

Tanya Byron in conversation with Suzy Greaves

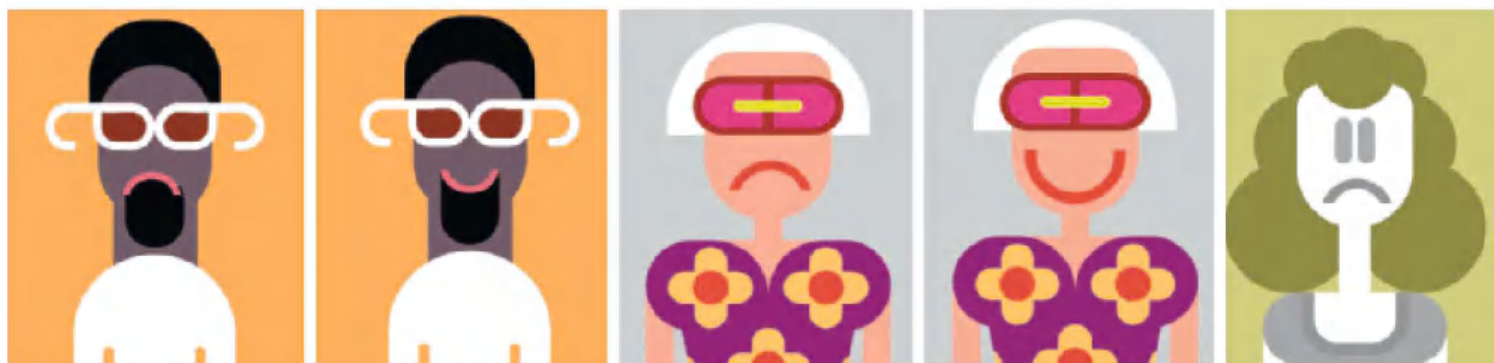
DATE: 14 October 2015 **VENUE:** Conway Hall, 25 Red Lion Square, London WC1 4RL **TIME:** 7pm-8.30pm **COST:** £18

Psychologies' editor Suzy Greaves will talk about Creating Robust Mental Health with Professor Tanya Byron, a chartered clinical psychologist, who specialises in working with children and adolescents, and has worked in the NHS and privately for 20 years. Byron made her name on TV with child behaviour shows such as *The House of Tiny Tearaways*. Her book *The Skeleton Cupboard* (Pan, £8.99) is out now. She is married with two teenage children.

IN THIS WORKSHOP, WE WILL DISCUSS:

- How we can create robust mental health for ourselves
- Whether it is a healthy goal to strive to create a happy life
- What the best advice is to help you or someone else bounce back from adversity
- The best way to help if you suspect that someone you love or know is struggling with depression or a mental health problem
- What habits we can encourage in our children's lives to help them become more resilient

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Learn to be more positive

Join our growing tribe of readers who are choosing to spread joy by creating Happiness Clubs around the world, with guidance from *Psychologies* and Action for Happiness. This month, **Suzy Greaves** is focusing on how we can all be more positive in our everyday lives

We've spent the summer months in my Happiness Club creating new goals and finding ways to be resilient. We've been writing novels, planting gardens, and supporting each other through life's challenges. Over the months we've become firm friends, which is good news, because one of the recurring themes in most of Action for Happiness's 10 keys to happiness is that connection and friendship will only enhance our lives.

Generating joy

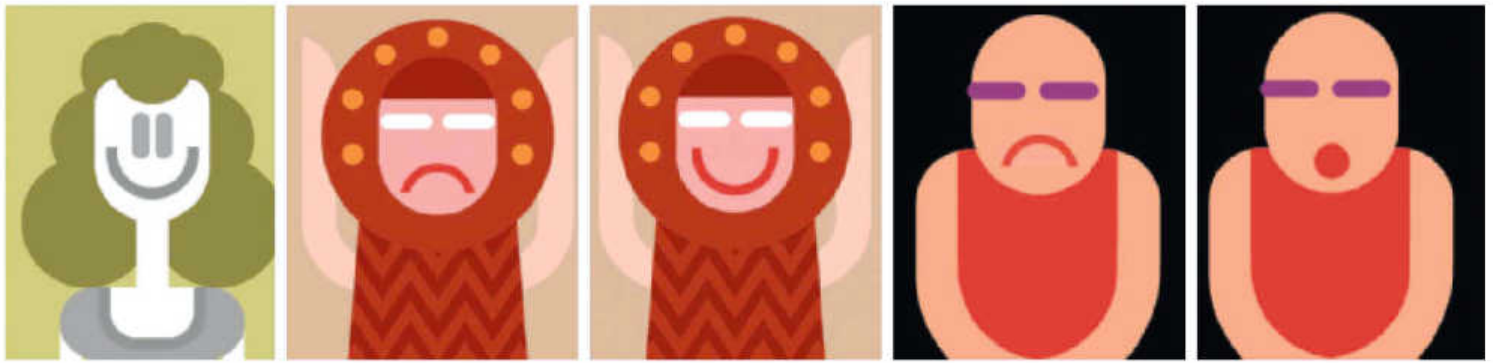
This month in our Happiness Club, we've realised that being more positive is a learned skill. Recent research shows that regularly experiencing emotions such as joy, gratitude, contentment, inspiration and pride creates an 'upward spiral', helping to build our inner well of wellbeing. But what about when we're feeling sad, mad and bad? 'Yes, we need to be realistic about life's ups and downs, but it definitely helps to focus on the good aspects of any situation – the glass-half-full rather than the glass-half-empty,' says Vanessa King, positive psychology expert at Action for Happiness.

The purpose of positive emotions has long been a puzzle. Although they're nice to have, it doesn't appear they're vital for the survival of our species. Negative emotions on the other hand, are essential – triggering our fight-or-flight response if we face threat. For example, when we see a predatory animal charging at us we feel fear, and rapid changes occur in our brain and body. We instinctively focus on the source of danger and escape routes, driving us to immediate responses – in this case, to get the hell out of the way.

However, recent groundbreaking scientific work is showing that positive emotions can broaden our perceptions, in much the same way that negative emotions can narrow them. This broadening helps us to see more, respond more flexibly and in new ways, and be more creative. It makes us more open to different ideas or experiences and we feel closer to and more trusting of others, King explains.

Long-term effects

And it doesn't stop there. 'Feeling good in the short-term can also help us feel good in the long-term. The new experiences and greater openness that result from positive emotions can



lead to lasting changes in our lives,' says King. Here, she gives a few simple examples:

- A feeling of interest in something we read can lead us to learn more about a subject, resulting in a fulfilling hobby or even a rewarding life's work.
- Finding the same things funny as someone else can lead to them becoming a close friend or even a partner.
- Feeling joy from seeing beautiful trees in the park can put us in a positive frame of mind and make us more enthusiastic about an opportunity that comes our way.

'Over time, positive emotions can help us to build the resources that lead to happier lives, such as friends, knowledge, better problem-solving and even better health. What's more, they can act as a buffer against stress and help us cope when we face difficulties,' she says.

But isn't it unrealistic to expect never to feel negative emotion? 'Yes, of course, these are part of life, but we need to get the balance right,' says King. She suggests that we need to have more positive emotions compared with negative ones. 'This is called our positivity ratio. And science is now giving us some clues as to a good balance to aim for*. It seems that to get the benefits of positive emotions in the longer term, we need to have around three times as many of these as we do negative emotions. These don't need to be huge surges of joy; small instances of gently positive feelings count,' she says.

But, of course, it's not so easy. Our brains are naturally wired for a negative bias, which stems from when early humans had to be on alert for signs of danger, and we developed negative emotions as an internal warning system to keep us safe. In modern times, we obviously don't need to be on high alert for animal predators, but our brains have not caught up. 'We need to put conscious effort into the positive side of life. The good news is that small efforts over time can make a lasting difference. Recent research even suggests that this might lead to lasting changes in our brains, which help to maintain the increase in our wellbeing.'

Other good news is that positive emotions are contagious** and that when we feel good, it can have a knock-on effect on those around us. Which, I suppose, is what our happiness clubs are all about. Have you started yours yet?

WHAT IS A HAPPINESS CLUB?

A book club-style gathering in your own home where you invite friends along to discuss how you can put happiness – your own and other people's – at the heart of your life philosophy. With our Happiness Clubs, *Psychologies* and the charity Action for Happiness are working together on a shared vision to create a happier and less self-centred world, with far fewer people suffering from mental health problems and far more people feeling good, functioning well and reaching out to help others.

QUESTIONS TO DISCUSS AT YOUR HAPPINESS CLUB

1 Name the three positive emotions you feel most regularly. What triggers them?

2 What emotional state do you most often find yourself in?

3 How do you process and deal with your negative emotions?

4 What is one thing you could do differently every day to help trigger more positive emotions in yourself?

5 What is one thing you could do differently every day to help trigger a positive emotion in others?

HOW TO SET UP YOUR HAPPINESS CLUB

Join us in our year-long happiness experiment. All the materials you need to register and start your own Happiness Club can be found at: lifelabs.psychologies.co.uk/channels/154-the-happiness-club. Be inspired by video interviews with Mark Williamson, director of Action for Happiness, and positive psychologist Vanessa King, offering tips and cutting-edge research about happiness. Plus, there's inspiration from our Happiness Clubbers.

Next month in **PSYCHOLOGIES**

Rewrite your story!

Brené Brown on how
to break old patterns

‘Stop the war inside yourself’

Lessons from time spent
with Buddhist nuns

When INFP met ESTJ

Parenting according to
Myers-Briggs principles

From game to shame

What happens when a
womaniser changes?

PLUS:

Mindful exercise; add
teen spirit to your home



Your life, your way

DON'T MISS the November issue – on sale 25 September

WORK

Easy ways to prioritise

Every month, **Oliver Burkeman** invites you to improve your work life

1 THE PROJECT

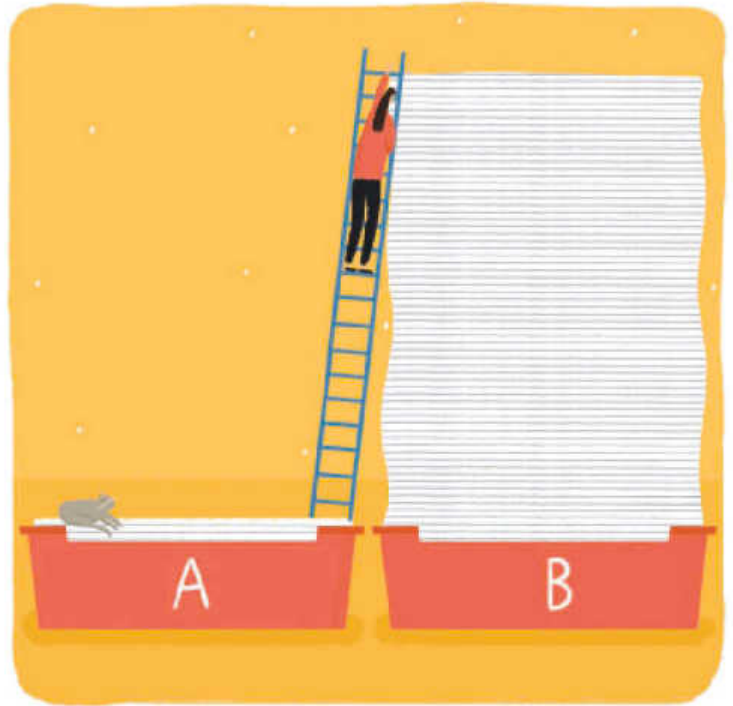
It's the oldest time-management advice around: you need to prioritise. Self-help gurus advise dividing your to-do list into 'A-tasks', 'B-tasks' and so on. But it's easier said than done. Usually, *everything* feels like a top priority. Just try telling your boss her favourite project 'isn't a priority' for you, and see what happens. Actually, don't. Learn the true art of prioritising instead.

2 THE AIM

In *The 7 Habits of Highly Effective People*, Stephen Covey urges us to distinguish between 'urgent' and 'important' work: we're so caught up fighting crises, he argues, that we neglect what matters most. Worse, it's easy to tell yourself you're prioritising, when you're actually avoiding facing the fact that there's too much to do and that you'll never get to those lower-priority tasks. (In that scenario, be honest with your manager and re-negotiate your workload if you can.) Prioritising isn't a magical solution to the fact that there's not enough time.

3 THE THEORY

The trick is to stop thinking in terms of importance, and start thinking in terms of energy: where possible, match your tasks to the energy levels required. When you're full of juice – which, for most people, means the morning – go straight to the work that needs deep concentration. Later, when you're bleary, catch up on calls, emails and filing. This way, though you may not fit everything in, you won't find yourself facing demanding tasks when you're too tired to do them. And if you do drop a ball now and then, it's more likely it won't be a crucial one.



NOW TRY IT OUT

- **Use 'psychological distancing'.** Productivity expert Josh Davis recommends imagining that you're looking at yourself from 3,000 miles away, or 30,000 feet in the air. Close your eyes and ask what that person, over there in the distance, should be focusing on. Strangely, studies suggest you'll see your priorities more clearly.
- **Be honest about trade-offs.** If a colleague asks you to drop everything for an urgent task, make sure they understand what won't get done as a result. In the long run, saying 'yes' to work you can't complete won't enhance your reputation – honesty will.
- **Harness the power of momentum.** 'Do the most important thing on your list first, when you get to work in the morning,' writes energy expert Tony Schwartz. You're naturally likely to keep doing whatever you're already doing. Start with something that matters and there's a good chance you'll make the whole day count.

OLIVER BURKEMAN is the author of 'The Antidote: Happiness For People Who Can't Stand Positive Thinking' (Canongate, £8.99)

JOIN US! CAN YOU PRIORITISE? LET US KNOW AT [FACEBOOK.COM/PSYCHOLOGIES](https://facebook.com/psychologies) OR ON TWITTER @PSYCHOLOGIESMAG

Our agony aunt Mary Fenwick offers a new perspective on whatever is troubling you

“I feel hurt. How can I recover?”

Q I feel very alone in life. I am a single parent with a teenage daughter who prefers to be with her friends and father. I feel rejected and hurt, especially when my daughter seems to want to spend time with my ex, who has recently remarried to the woman he had an affair with while we were married. I feel like this woman took my husband and now she's taking my child.

I went through a very acrimonious divorce and I had to sell our home to divide the equity. I am now renting and working to pay the bills and survive. I am the wrong side of 40 to pursue a career. I'm now having thoughts of wanting to end it all. I feel so unmotivated at the moment yet I long to help people. I feel I have lost so many dreams – how can I recover?
Name supplied

A I want to pick out three aspects of your letter. Most urgently, you say: 'I'm now having thoughts of wanting to end it all'. Suicidal thoughts are an emergency, and you need direct human help. Your first port of call is your GP. If you can't get

an appointment quickly, or while you're waiting, you can call the Samaritans, 24 hours a day for 2p a minute. You can also email them, so if you do nothing else, you could send them the letter that you've written to me (see 'More Information', opposite).

The website for the charity Mind is another excellent resource. They have an A-Z of mental health help, that includes how to help someone who is feeling suicidal. Please take note of the practical tips, including removing the means of killing yourself (keep only small amounts of medication in the house, hand over your car keys if you don't trust yourself to drive). They also suggest a distraction box, with notes to yourself, a music playlist, perfume or poetry that comforts you.

Another two aspects of your letter give me hope. You recognise that these feelings might apply only 'at the moment', and you have a desire to help other people. I would urge you to remember both of these. You are not seeing the whole picture accurately right now: these feelings will pass, with kindness and a little bit of help. No matter what your relationship with your teenage daughter is like now, you would make her life worse if you killed yourself. I'm sorry to be so blunt, but I



MARY FENWICK is a business coach, journalist, fundraiser, mother, divorcee and widow

GOT A QUESTION FOR MARY?
Email mary@psychologies.co.uk, with 'MARY' in the subject line

want to make sure that I am as persuasive as the voices in your head.

On one level, it is good news if your daughter is developing her relationship with her dad in his new circumstances. Just because she doesn't want to walk the dog one day doesn't mean she won't change her mind the next. Please find ways to keep hold of your end of the elastic; I'll give you a link to cheap or free teen activities (see 'More Information').

Lastly, helping others is a fantastic idea. When the New Economics Foundation did their research into mental wellbeing, they found that while the top need is human connection, another basic need is being able to give. Finding a local voluntary activity helps with both. At the moment, all you can see is the dark threads in your life, but I know you will rediscover the silver and the gold when you catch the light again.

“My partner knows I cheated - what do I do now?”

Q I have been cheating on my partner by flirting and having sexualised chat and photo conversations for the past eight months. She found these messages while going through my phone today, and I feel like I've woken up from a dream and now have to deal with my horrible, selfish actions, which seemed very abstract until they became very real, creating much pain. Is there any advice you have for me?
Name supplied

A For shorthand, I'm going to call this an affair, even though we could argue all day about the definition. You have been sexually

intimate with someone other than your partner. Even if the affair itself wasn't physical, you have both had the physical effects of feeling sick, hot and cold about the confrontation.

I hope it is not too laughable to suggest that you read a book when your head and heart are all over the place, but I do recommend Julia Cole's *After the Affair* (see 'More Information', below). Each page in chapter six is divided into two columns: 'The person who has had the affair', and 'The person who has not had the affair'. The first pieces of advice for you would be: don't rush this discussion, be honest, but avoid intimate details. Unfortunately, the details that have already emerged are hurtful, but not the main point.

The gold standard would be couples' counselling to explore whether you want to rebuild or escape your relationship. Possibly you were seeking something that felt at least temporarily lacking – fun, sex, the feeling of being mysterious perhaps? Or was there an element of avoiding intimacy in your relationship by seeking it elsewhere?

Please note that I am not using intimacy as a euphemism for sex. Intimacy can also be about an unconscious voice saying we will not be lovable if we are truly known, and that makes us drive away other people when they get close to us. Sometimes it's a bigger challenge learning to live with ourselves, than it is learning to live with someone else.

“My parents are interfering in my life”

Q My parents are both in their 70s, and fortunately are fit and well, but they are driving me nuts. I am a grown woman with two teenage children of my own, but my parents are constantly interfering in my life, offering strong opinions on what I should or shouldn't be doing.

My mother is a very self-obsessed and self-involved woman, and winds me up constantly as if she wants to get a reaction. I've also just started dating someone new after 10 years of being single, and I feel like my parents are driving him away. How can I ask them to stay out of my life – but in a kind way?
Sophie

A I agree with you that it's important to be kind to your parents, but it sounds as if you have lost sight of the need to be kind to yourself and respect your own needs. I suggest that you do a bit of reading about assertiveness; it's the skill of saying what we want without being aggressive or passive. Some of the basic ideas are: we are all equal, but different, we have the right to say yes or no, or to change our minds, and we can choose whether or not to get involved in other people's problems.

I suggest starting with one specific thing you want to change, and practise some simple phrases like: 'I really appreciate how much you care, but I don't need to hear this right now'. If

you're on the phone, you could say: 'Thanks for saying that, but I have to go now. I love you, bye'. This is a fabulous opportunity for you to make a change that will benefit your life – as a daughter, a partner and a mother.

MORE INFORMATION

Read *After The Affair* by Julia Cole (Vermilion, £12.99)

Visit cognitivebehaviourtherapy.co.uk/Assertiveness/page_01.htm

Visit stretcher.com/stories/99/991220b.cfm for ideas for teen activities

Contact The Samaritans 0845 790 9090; jo@samaritans.org, samaritans.org

Visit mind.org.uk

CHOOSE YOUR OWN CAREER PATH

As summer comes to a close, that familiar ‘back to school’ feeling creeps up on us. Back at work, even if we love our jobs (or not as the case may be...) it’s normal to crave the next step forward on the career game board. But what does that look like? How do we work out what we really want at work?

From a career change to promotion or negotiating details to make your working life better, this month’s Dossier gives you the tools to discover where you want to move in your career – and how to get there. We hear from three women on how they achieved what they wanted at work, and share the secret to asking for a payrise. Roll the dice and let the games begin...

ILLUSTRATIONS DAVIDE BONAZZI

“Life is a dream, realise it. Life is a challenge, meet it... Life is a game, play it” **Unknown**



MOVING ON UP

Got that burning urge to move on in your career, but feeling stuck? Whether it's a promotion, payrise or a job change, **Anita Chaudhuri** discovers ways to work out what you *really* want – and how to get there

Autumn means crisp golden mornings, freshly sharpened pencils, a polished red apple for your lunchbox and something rousing in the air. It's the 'back to school' anticipation of new beginnings.

Although holidays are wonderful, they can be dangerous. Spending time away from the daily grind creates the space to realise that we feel bored, aimless or downright dissatisfied and, often, work will be at the root of the problem. We may feel tempted to make drastic pronouncements. 'I hate my job. I'm going to retrain,' we decide, as yet unsure what form this career-change might take. Or we might say: 'They're taking me for granted. I'm going to ask for a payrise and if I don't get it, I'll leave by Christmas.' And do what? Well, that will all work itself out, won't it?

John Lees, career strategist and author of *How To Get A Job You Love* (McGraw-Hill, £12.99), advocates thinking about work as a deal that we have some control over. 'Most people's model of moving forward in their career is pretty passive; it involves doing what's expected of them and hoping to be rewarded with a payrise.'

The first step when you're feeling stuck, according to Lees, is to see if you can fix your current job. 'A lot of people go to the job market far too early, using up all their best contacts without knowing what they're looking for beyond wanting to escape the job they're in.' So he suggests brainstorming how you could negotiate your current deal, then talk to your boss.

'Start by asking yourself some basic questions: What parts of my job do I enjoy? What parts do I not enjoy? How can I improve that balance? Do I want more responsibility? Could I ask to join a particular team, or

ask for more recognition, more training, more flexible working hours or more support? There are different ways of fixing the job you're already in. When we're feeling stuck, we tend to focus on what's not working. It's better to talk to your boss armed with suggestions.'

THINK OUTSIDE THE BOX

Even if you're convinced that what you want is a career change, such drastic action might not be necessary. Sometimes I fantasise about being a criminal lawyer, I tell Lees. Surely that really would involve retraining? 'Yes, but you should first ask yourself what it is about that career that intrigues you. There are some obvious ways you could bring a fascination for that subject into your current job.' Options for me might include writing about crime, injustice or legal affairs. Or writing a detective series of novels or short stories. In general, what we yearn for offers valuable clues about how to make peace with the career we're already in. For example, if your fantasy is to run your own business, perhaps a first step might be asking your boss to let you get more involved in sales, budgets or product innovation.

When looking at fulfilment at work, one key element is understanding core strengths. In simple terms, a strength isn't just something we're good at; it's something that allows us to thrive and become our best self. Vanessa King, psychologist at Action for Happiness, has studied positive psychology, a field that pioneers using strengths to enhance wellbeing. 'We know from the research that when people are using their core strengths they're more confident, less stressed, more resilient and more likely to achieve their goals,' says King.

So how can we identify strengths? There are several books and online tests that can help you do this (see the >>>



box on the next page), but King sums it up, 'Strengths come naturally to us; the areas we're drawn to and can learn easily. The key thing is that they're energising and that we're motivated towards doing them. They're our core capacities for thinking, feeling and being. At heart, these are the qualities that are best about us and can contribute most to the world around us. It's important to understand that although we can develop many different skills, a skill is not necessarily a strength.'

In fact, King believes that at work, if we get known for skills that are not our core strengths, that can contribute to us feeling stuck. 'I trained as an accountant and I can set up and organise Excel spreadsheets,' King says. 'I don't mind doing it, but it doesn't play to my strengths. My key strengths are curiosity, creativity, humour, strategic thinking and positivity. Those things were not that useful in accountancy, which is all about setting up and following the rules.'

'Once you discover what your strengths are, you can look at ways you might use them more,' says Krish Surroy, an executive strengths coach. 'So, for example, if one of your top five strengths is developing others, and you work in HR, you're obviously already using that a lot in your job. But if you work in admin, you might realise that you would be very good at mentoring new starters or overseeing staff training.'

Making the most of your strengths doesn't necessarily have to involve talking to your boss. 'Knowing

your strengths can help you manage your own career. It can give you a sense of what kind of work will fulfil you. It can help if you're feeling stuck at work, because it's always far better to play to your strengths than waste time trying to overcome your weaknesses.'

What we do in our spare time can also provide valuable clues as to what our strengths are. 'For example, we might naturally enjoy organising parties and events, but at work, no-one really knows about our finely honed organisational skills. Sometimes we have to take the initiative to let people know what strengths we have to offer,' says King.

Obviously, at some point in this process, you are going to have to talk to your boss, a prospect that, depending on the scenario, can seem so daunting that putting yourself through interviews for a new job seems far preferable. How can we overcome these fears and ask for what we really want?

Margaret Neale is co-author of *Getting More Of What You Want* (Profile, £12.99), and a professor at Stanford University. She points out that women are perfectly justified in feeling uncomfortable about negotiating. 'If a woman wants to negotiate with her boss, even if she uses the exact same words as a man, she is much more likely to be perceived as greedy and demanding. Women are socially influenced to believe that part of our role is to make other people feel good. So we feel that if we negotiate, we're not a good person. Women will often behave in a way to increase their "liking"

"It's better to play to your strengths than try to overcome your weaknesses"



quotient, rather than their “competence” quotient.’ Research shows that women have much lower expectations about their chances of success when they go in to negotiate. No surprise then that given how unpleasant and challenging we find it, we often decide it’s actually not worth the trouble.

This might all sound bleak, but Neale’s research shows that there are simple ways to work round it to get more of what we want and need. The first step, she asserts, is to upgrade our expectations. ‘Expectations have a very powerful psychological effect because they drive our behaviour. If we have high expectations, we expect more and we generally get more, on average.’

So, that said, what is the best way to ask for what we want? ‘Most people, when they walk into a negotiation, are already putting on the battle armour, ready for a fight. The typical mindset is: “I want something that you don’t want to give me”. And remember, expectations drive behaviour, so if you go in expecting a battle, you’ll probably get one.’

TALK THE TALK

Neale prescribes a more collaborative, problem-solving approach. ‘Before you go in there, think about what

might cause your boss to say yes. Why does what you want help your counterpart? How does it solve a problem of theirs? You’re looking for a solution that helps them, but also sees you better off than the alternatives available to you, and better off had you not negotiated.’

Say you want a payrise? Neale gives this advice. ‘First, look at justifications for why you should get a raise. Do you know how much your expertise is worth? Not just the market value of the job, but what you personally bring to it. Did you recently undergo more training or do particularly well on a project? Get your ducks in a row before you start negotiating. By the way, if you use ultimatums like, “If I don’t get a raise, I’m going to leave”, you’d better be prepared to quit.’

Crucially, Neale advises against negotiating on single issues, such as a payrise alone. ‘It’s much better to negotiate a package; it feels more collaborative and suggests more about how the whole organisation will benefit. So you might go in and talk about your recent performance, with specific examples, and compared with X or Y in this organisation, how you would like to propose a new package. And the ‘package’ is not only about a higher salary, but other resources that allow you to do your job better.’ The phrase ‘other resources’ sounds



unsexy, until brainstorming throws up ideas like a new computer, language classes, working one day a week from home, a sabbatical, gym membership or a work placement in New York.

Why does discussing things in more collaborative terms work? 'For a woman negotiating, if we go in representing other people's interests, or the common good, rather than feeling like we're focusing on our own selfish ends, research shows that women actually outperform men. Women are great at negotiating for the interests of other people – they get between 14 and 23 per cent better deals. The thing we struggle with is the social pressure we experience when we negotiate for ourselves.'

So Neale suggests we make our pitch by focusing either on the good of the whole team or, if that doesn't feel right, focus on the good of all the other women who come to the company after you. 'Think of yourself as a pioneer, fighting for the women who will be paid less in the future if you don't negotiate for them. That makes you a trailblazer at the heart of change.'

As with any deal, Neale reminds us that we also need to know when to walk away. 'It's best to prepare for your negotiation by doing your research and exploring alternatives. What other options do you have? The more people want us, the more attractive we become, just like dating.'

John Lees also suggests examining all available options and, crucially, the best-case scenario is to do this long before you're desperate to quit. 'Consider new avenues of interest and go and talk to people doing that job. What's great is, it takes you into an incremental journey of gradual change. Typically, it can take between 12 and 18 months to make a big job change. And if you don't explore the options, you're just daydreaming, and daydreaming is a great excuse for inactivity. By sending out just one email or having one conversation, you can change your energy. Instead of feeling stuck and frustrated, it puts the whole focus on the future.'

FURTHER READING:

Find: free online strengths questionnaire at viacharacter.org/www/Character-Strengths

Read: *StrengthsFinder 2.0* by Tom Rath (Gallup Press, £14.99)

Read: *Trust Your Vibes At Work* by Sonia Choquette (Hay House, £12.99)



GET MORE OF WHAT YOU WANT BY MARGARET NEALE

● ASSESS

Ask: is this a situation where I can influence the outcome? I need to weigh up the benefits against the costs.

● PREPARE

Ask: what am I really trying to achieve? How much is my job really worth? What are the interests and preferences of my counterpart/boss? (We often forget about the latter.)

● ASK

Engage with your counterpart/boss. Remember, you are bringing information to the table that the other person doesn't have, be it your unique perspective on the job you do or a reminder of the skills you have.

● PACKAGE

If you try to negotiate issue by issue – payrise, annual leave, working hours – every issue becomes a win-or-lose situation. If you present a package, you can trade off among all the issues and propose alternative solutions. Use words like 'if' and 'then' – if you give me this, then I'll give you that. Then everyone feels like a winner.

WORK

HOW TO GET A PAYRISE

Do you need a payrise? It can be an awkward thing to ask for, yet the way you handle it can directly affect the outcome. **Ros Toynbee**, director and lead coach at The Career Coach, gives her advice on asking for a payrise

1 MAKE A BUSINESS CASE FOR GETTING YOUR SALARY REVIEWED

You don't get a payrise just because you've been in your role a long time, you get a payrise because you demonstrate value to the business over and above what is expected of your job role. If you are able to quantify it, so much the better; in terms of saving sufficiency and income earned. But not every job is like that. So it's about showing what value you have brought to the business. Put that together in writing, alongside emails from internal or external customers saying how amazing you've been, and the value that you have given to them, and present this to your boss to support your case.

2 PREPARE ANSWERS TO LIKELY QUESTIONS AND OBJECTIONS

Put yourself in your boss's shoes; what is he or she going to be worried about? Budget, and how it looks to the people above, might be the obvious ones. Make a list of all the objections that you think your manager would have, then write a list of all the things you could say to reassure them.

3 PICK THE RIGHT TIME TO SPEAK TO YOUR BOSS

Give them a heads-up that this has got to be a private, scheduled conversation. The last thing you want is an ad-hoc meeting in an open-plan office with a million distractions. A great time is after you've just wowed that client, or your boss has been saying how amazing you've been. If you can ride on the back of a positive wave, that will stand you in good stead.

4 TAKE CONTROL OF THE MEETING

Having set out what your business case is, talk it through; give your boss the pieces of mentioned evidence in step one that they will need to take to whoever controls the

budget. Look at them confidently when answering to their objections, because they are testing you. Look them square in the eye, sit upright, keep your feet flat on the floor, don't cross your legs, and be dressed appropriately. Have a conversation about what's possible, and be open to discuss what they have to say.

5 DON'T TAKE A 'NO' AT FACE VALUE

A 'no' might be a 'no, not right this minute', so if it is a 'no', ask with a smile, 'OK, what would make it a "yes" next time?' and ask for a time to review this. Let them know you are serious about this. Even if it's a 'no' next time, it becomes increasingly hard not to say 'yes' on subsequent occasions. Don't let a 'no' faze you – in fact, almost expect a 'no' initially, and that way, you'll stay strong and confident.

6 ASK FOR MORE MONEY THAN YOU THINK YOU'LL PROBABLY GET

Women in particular tend to do themselves down and that's not a helpful strategy. If you think you deserve an extra £1000 a year, ask for £2000. Ask for more than feels comfortable for you to ask for, then if you do get £1,000, mission accomplished!

For more information, see thecareercoach.co.uk

BONUS TIP:

Have a plan B. You've been turned down for a payrise, but can you get a bonus? Sometimes it's easier for organisations to give a one-off bonus that they don't have to factor into next year's budgets. Or could you get a change in job title? Have a think about a back-up plan and be willing to discuss it. What you don't want to do is say, 'If I don't get this payrise, I'm going to walk', because if you make a threat like that, you might find yourself in a position where you have to carry it out...



Q&A

WOMEN AT WORK

We want to move forward in our careers, but what are the stumbling blocks for women navigating their progression at work? President of Women's Success Coaching, Bonnie Marcus, has some answers...

INTERVIEW ALI ROFF

Award-winning entrepreneur and *Forbes* and *Business Insider* contributing writer Bonnie Marcus started her career at an entry-level position, working her way up to the top of a national company by using her savvy relational skills. Today, she speaks and blogs about current trends and challenges for women in business, providing practical tips and resources for professional women to succeed.

What is the biggest mistake we make as women when it comes to getting ahead in our careers?

Women believe talent and hard work will get them ahead. According to the Center for Work-Life Policy, 77 per cent of women believe their performance, not connections, is the key to advancement. This is a mistake as, although great performance is critical, getting ahead in the workplace requires relationship-building, self-promotion and political savvy.

What special challenges do women face when it comes to political systems at work?

Typically, women are excluded from the power circles where decisions are made that impact their career

trajectory. Their limited access to this inner network puts them at a disadvantage. They have little power to influence change and insufficient information about the decision-making process. Women's distaste for office politics contributes to their lack of engagement. They don't try to build the relationships necessary to gain visibility and access to key stakeholders.

What part do we play in negative biases at work?

We all have biases and it's important for everyone to understand their own biases. Often, when we discuss gender bias in the workplace, we are referring to the hidden, or sometimes not-so-hidden, bias that women experience from men. However, we can also see evidence of women having similar biases against other women. I don't think women are to blame for initiating bias. I believe it's a societal issue for both genders.

How can we change/work around these biases?

We need to pay attention to the workplace dynamics and culture, and build a strategic network of people who are willing and able to speak for us. They understand your value proposition and often serve as allies. This network functions as a powerful support



and helps to create visibility as well as an important source of information about the politics and the power plays. The more expansive this network is, the more you are protected from the bias of certain individuals.

Do extroverts have an advantage over introverts when it comes to office politics?

Extroverts are better at building social capital. Their charisma and people skills assist them to engage in conversation and ‘work’ the room. However, although they meet lots of people, they don’t necessarily build the quality relationships that are effective in the workplace. Introverts have the advantage of stepping back and paying attention to the dynamics. Their thoughtful approach to relationships can be very effective and their one-on-one conversations often lead to strong relationships that help them navigate the politics.

What about the glass ceiling?

Women face two types of barriers to advancement. The first is external; the workplace practices and gender biases that restrict women from assuming leadership roles. Although there are some women who have broken through the glass ceiling and achieved senior leadership positions, in most male-dominated industries this remains a challenge.

With increased public scrutiny on diversity, many companies have created initiatives to help women advance. In many cases, these programmes are ineffective due to lack of executive support and funding. Companies that are truly committed to diversity need to create customised programmes that help women learn skills such as negotiation, consensus-

building and self-promotion. Creating a mentorship programme with the focus of helping women navigate the complexity of the workplace, and sponsorship programmes that include women, will help level the playing field. Providing a forum for high-potential women and senior executives to meet in an informal setting to facilitate visibility is also essential.

The second barrier is internal. Women can be their own worst enemy when it comes to getting ahead. We hold ourselves back and sometimes sabotage our efforts out of fear and low self-esteem. Coaching and mentoring can help to break through women’s limiting beliefs.

“Women believe talent and hard work will get them ahead... This is a mistake”

What is our biggest untapped resource as women?

Women are brilliant at many things. I believe their talent is untapped mostly because few people understand their contribution. Women themselves need to understand their value proposition and have the confidence to communicate their accomplishments.

Also, the organisation needs to recognise and reward their achievements, sparking willingness to share and participate at a higher level.

What is the one thing we can do today to start moving towards the career we want?

The first thing you should do is establish a goal. Once you know where you want to go, it’s easier to put a plan in place to get there. That plan should include what it takes to get from where you are now to where you want to go. What type of skills and experience do you need? What resources or education are required?

For more, see womenssuccesscoaching.com

MAKING THE BIG CAREER MOVE...

From starting your own business to negotiating days working from home, could you follow the same paths walked by these women who negotiated their way forward in their careers?

INTERVIEWS ANITA CHAUDHURI PHOTOGRAPHS GEMMA DAY

“People asked me if I was sure I knew what I was doing – I took a big salary cut”

CAROLINE ANGUS, COMMERCIAL DIRECTOR, GRAVITYLIGHT FOUNDATION

‘I was working on the sales and commercial strategy team at Procter & Gamble, on big accounts including Duracell and Pampers. But I was itching to be involved in something that was more environmentally friendly; the pure corporate business world just didn’t sit quite right with me.

I applied for a sabbatical with Unicef organised by my employer, which involved spending three months in Laos. I had been interested in third-world development since university. I worked with a restaurant that taught street children cooking, waitressing and English skills. I loved the social enterprise model and, on returning to London, I knew I wanted to get involved in something that was commercially sustainable, but that actually benefited people.

It took a while because I didn’t have any traditional sustainability expertise, nor had I worked with charities before. So when I was applying for jobs in those sectors, I was a bit of an unknown quantity.

An ex-colleague told me about On Purpose, a social enterprise leadership programme. I got accepted on the programme and left my job. People asked me if I was sure I knew what

I was doing. I took a big salary cut – you are still paid something though, rather than if you were doing an MBA, which you would have to pay for yourself. I describe it as a mini-social enterprise MBA.

The beauty of On Purpose is that there is a growing alumni network who you can reach out to and ask questions; there will always be someone who has gone through it.

One of my placements was at a design company where I worked with two product inventors who created a light that was powered simply by lifting a weight. It is a low-cost, off-grid light that could benefit the two billion people across the world who don’t have a reliable electricity source. After I finished the On Purpose programme, they hired me and I now work on the commercial strategy and marketing of the product.

Procter & Gamble is a company that offers a massive amount of security – you could stay there for life. There’s a community feel there and I was working with fantastic people. But, I knew that long-term, if I was going to work on a product, it needed to be something that had a deeper benefit.’

Find out more at onpurpose.uk.com and gravitylight.org >>>





“I was really scared and frightened of failure because I’d already just failed”

KATE WILSON, FOUNDER OF NOSY CROW

‘I had worked my way up the corporate ladder in children’s books, publishing *The Gruffalo*, *Horrible Histories* and *The Hunger Games* – really fun stuff. Then I got a job at Scholastic. My bosses were in America and my kids were at primary school, and I remember crying when I couldn’t make my daughter’s ballet show because of my job.

So when I was headhunted for the CEO position of a major publishing house, I jumped at the chance. But it was a big mistake – for them! Five months down the line, they told me it wasn’t working.

That night, I woke my husband at 2am, saying, “We’re going to set up a publishing company in the basement.” To his great credit, he didn’t say, “Go back to sleep”. Instead he asked: “OK, what would that look like? How would it work?” We sat up all night with spreadsheets, scribbling down ideas.

I really wanted to do it, but I was also really scared. I’d been employed all my life and I was frightened of failure because I’d already just failed.

The first book we published, *Small Blue Thing* by SC Ransom, was a paranormal romance. Since then, we’ve produced everything from apps for Snow White and Cinderella to books like *Baby Aliens Got My Teacher*.

Over four years on, and I’m really proud of what we do, and that we now employ more than 20 people. We’ve also won a string of publishing awards.

The thing to remember about losing your job is that once the pain has passed – and it will – the experience allows you to reconstruct yourself, meet new people, think new thoughts and have new experiences again.’

Find out more at nosycrow.com

“I was nervous because I love my job and I so wanted it to work”

**JESSICA GIBSON, EVENTS
MANAGER, HAY HOUSE UK**

‘I’d always thought the events side of Hay House looked amazing, and I had a feeling I might be good at it. But I worked in the press office, which was a separate team. Three years ago, our biggest weekend event of the year, I Can Do It, was coming up. The team member responsible left and our US events director came over to run the show. She needed a back-up person and someone suggested me.

I spent the whole weekend with her and just loved it. I got such a buzz working backstage. Afterwards, she asked me why I hadn’t put my name forward for the job and pointed out that I obviously had a passion for it.

On Monday morning I emailed my boss to discuss it. It turned out she was planning to speak to me anyway, so I was offered the job. It was a steep learning curve, but now I feel like I’ve really found my niche.

Last year, I had to re-negotiate my job again. My husband was offered a dream job in Stratford-upon-Avon, where we both grew up. We decided it was time to move out of London, so I went to talk to my bosses.

I was nervous because I love my job and I so wanted it to work. I was clear in my mind about what I wanted – at least two days a week at home – and also thought about what my bosses’ concerns might be, so I knew in the run-up to a big event, I’d need to work five days in London.

Now I live in a house 10 minutes walk from the river and 10 minutes from the countryside. It helps that a lot of our authors are based in the US, so I can Skype them from home. It really is the best of both worlds.’

Join Psychologies and Hay House for a life-changing Ignite! event in February 2016. For details, see hayhouse.co.uk



WHAT REALLY MOTIVATES YOU AT WORK?

Discover your true attitude towards work, and overcoming the inevitable workplace hurdles will become much easier

1 To really perform well at work, you need:

- Pressure, it's what stimulates you
- ▲ Projects you are enthusiastic about
- ◆ Team spirit; you don't like a competitive environment
- To change your job frequently to keep you motivated

2 Your partner offers to whisk you away for a long weekend on a Friday morning. You:

- ◆ Delegate your work to a colleague who you've often bailed out
- ▲ Go, but take your laptop so you can combine business with pleasure
- Phone in sick
- Say you can't go because you have an important meeting

3 When everything goes wrong at work, you:

- ◆ Moan to colleagues for support
- Feel trapped, as if there's no way out
- Assert your authority to get things back on track
- ▲ Try to work out what's causing the problem and find a solution

4 The first thing you do when you get to the office on Monday is:

- Set your goals for the week and schedule meetings
- ▲ Organise your schedule between stressful tasks and things you enjoy

- ◆ Catch up with everyone about their weekend adventures

- Put yourself back on autopilot until Friday afternoon

5 At the last moment, a colleague cancels an appointment. You:

- Get angry
- ▲ Work on the project to be discussed yourself and update them later
- ◆ Make sure everything is OK with their personal life
- Reschedule the appointment for another day

6 Your usual work demeanour is:

- A bit sullen or vacant
- Always on the lookout for trouble
- ◆ Jovial and pleasant
- ▲ One of inspired concentration

7 You're having a birthday party. The guest list includes:

- ▲ Friends, and work colleagues who have become friends
- ◆ A pretty mixed bunch – colleagues, neighbours and your relatives
- Mostly colleagues
- No-one connected to work

8 When it comes to your working life, the thing you're most likely to want to change is:

- ▲ The pace at which you work; you want to achieve more in less time

- Your profession; you dislike everything about it

- Your position in the company; you're aiming higher
- ◆ The office; you're not getting along with a new colleague

9 Your view of workaholics is:

- ◆ You don't trust them
- ▲ You acknowledge their capacity to work, without envying them
- They remain an enigma
- They are your best friends!

10 At the end of the working day, a problem is unresolved. You will:

- Look at it again tomorrow
- ◆ Talk to your family about it at dinner
- Lie awake all night fretting about it
- ▲ Sleep on it; you'll know what to do after a good rest

11 When you look back on your professional life, you think:

- You have made the most of every opportunity that came along
- ◆ You have worked with some incredible people
- ▲ You have taken the risks that appealed to you
- Life decided things for you

NOW SEE HOW MANY TIMES YOU PICKED EACH SYMBOL, AND TURN THE PAGE TO FIND YOUR PROFILE



>>> **MOSTLY ■**

YOU WORK TO LIVE

Work seems to occupy a strictly functional place in your life. You're not really invested in any of it emotionally, or in terms of developing your professional skills. In short, the office seems to be of little concern to you. Perhaps you are concerned about becoming a slave to earning a living. Whatever the reason, you are not inclined to take on significant responsibilities or suggest new projects. Very little at work pleases you. For you, real life is elsewhere.

WHAT IT MEANS: Maybe you've been given a raw deal at work in the past. In search of new values that you have yet to find, you seem to be a bystander. This mindset protects you from stress, but if you spend too long on a job of no consequence, living on autopilot, you risk becoming bored or frustrated. Be careful too about putting yourself out of the game for too long in a fast-changing world.

ACHIEVING BALANCE: Like the perfect lover, the perfect job does not exist. Of course, some professions are more exciting than others, but it all depends on how you perceive things. Consider the following questions: Who will you be at work? How could you make your work more motivating? How could you feel more energised about your work? As you find more to interest you, work will naturally become more rewarding.

MOSTLY ▲

WORK IS ONLY ONE SLICE OF THE PIE

You've chosen your career mindfully, taking into account a pace of life that suits you, as well as your deepest ambitions. You've made your equilibrium and happiness a priority in your personal and professional life. You still have to deal with constraints, but the pleasure derived from the expression of all your skills dominates your experience.

WHAT IT MEANS: You probably started your career by identifying your deepest aspirations in different areas of your life. Maybe you had to overcome work-related fears or define family versus status loyalties. More than most, you know the type of career that can be the basis for a happy life, even if those around you don't approve of your choice.

ACHIEVING BALANCE: On the rare occasions when you meet with problems at work, stay connected to the joy you experience from it. Build strategies to stay on track with the career choices you've made, while taking into account the needs of your family. Regularly make an inventory of your strengths and watch out for limiting beliefs. The key is to surround yourself with people who, like you, have made the leap into believing they can have work they truly love.

MOSTLY ●

WORK GIVES YOU SOCIAL STATUS

The cult of competition is the default setting at your office, with all the emotional fallout that goes with it. You don't have a problem working 12-hour days or taking work home. You have ambition. You're driven by the need to make your mark and distinguish yourself from the pack. You also have a strong desire for social status.

WHAT IT MEANS: On a narcissistic level, your job plays an important role, ensuring you get the limelight you yearn for. But you're so afraid of losing your high-status position that you continue to put great pressure on yourself and your team. It's fine to want to succeed, but be careful that you're not sacrificing your personal life. Ask yourself what you really need to prove with your workaholic behaviour.

ACHIEVING BALANCE: Putting such pressure on yourself can generate health problems and crises in your personal relationships. Agreeing to spend time on small pleasures outside work may contribute to a more balanced outlook on life. You might also try having more faith in your team at work. Isn't it exhausting to always have to prove yourself as invincible 'top dog'? Remind yourself that wellbeing is just as important as success.

MOSTLY ◆

WORK IS ALL ABOUT GOOD RELATIONSHIPS

For you to flourish at work, you need a positive working environment. The quality of the relationships you have with colleagues can significantly affect how much you put in, and your mood. Your primary need is to be loved and accepted by others. As such, situations involving conflict quickly deplete your reserves of happiness at work.

WHAT IT MEANS: Above all, your need for security seems to motivate you, so cultivating a sense of belonging helps you thrive in a group. You have all the requisite skills needed to get the support of your team. Conversely, if you feel isolated at work, that causes you real stress.

ACHIEVING BALANCE: Be careful that your emotional attachments don't work against you when opportunities for promotion arise. If personal relationships are the most important thing about your working life, it can be difficult to reconcile this with the demands of a job, and the evolution of a career. Don't lose sight of the fact that fulfilment at work should be primarily focused on your professional skills. This is an important key to moving forward to the next level of career success.



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“Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us”

MAYA ANGELOU



PHOTOGRAPH: MICHAEL DOS SANTOS/GALLERYSTOCK

A MONTH *in my* SKIN

The link between hormones and skin health is inextricable.

Eminé Ali Rushton looks beneath the surface to pinpoint how we can create a clearer, calmer complexion – simply by consulting the calendar

PHOTOGRAPHS JENS STUART/FOLIO-ID

There's one week out of every month when my skin glows; it just seems to play ball, and I don't even need to try. It's almost always around the second week of my cycle – day 14 tends to coincide with ovulation. During this time, I look healthier and more radiant; my eyes look brighter, as if bigger somehow, and my face always has a slimmer silhouette. A week later and things begin to change; some congestion, definite puffiness, radiance subsides, and the odd spot may come up along my chin or jaw. With period come and gone (day one of your cycle being the day that your period properly starts), dry and more easily sensitised skin becomes the thing.

This, then, is the story of my skin – and, I might proffer – the story of yours, too. I have gone many years barely registering the fluctuations, but since studying to become a facialist and becoming increasingly interested in the holistic elements that govern our complexions, it has been satisfying to trace my own skin's shifting cycle. It has also been heartening to learn that

all of the above is commonplace, and that most of the women around me experience a similar thing. Yes, these changes are very real – actual, measurable physical manifestations – and not just 'in my head'. In actual fact, the shifts in our hormones during our monthly cycle can account for anything from a rise in body temperature of almost a degree (significant enough to make a human being feel noticeably warmer), to an increase in water-retention weight of almost half a stone (the average, according to Dr Raquel Dardik, a New York gynaecologist).

YOUR CYCLE

If you've ever looked at an ovarian cycle chart and been completely flummoxed (ironically, I came bottom of my Sex Ed class at school), this guide will help make sense of the science. You might also consider downloading Period Tracker, Clue or Glow (all available on iTunes), to help you stay on top of your cycle, and allow you an insight into why your skin, moods and energy levels fluctuate throughout the month.

>>>





>>> **DAY 1**

This is the first day of your period, and this phase can last for up to seven days. 'Hormonal changes are normal,' reassures Dr Rabia Malik of Grace Belgravia. 'Before and during menstruation, oestrogen and progesterone levels fall, while testosterone levels remain stable throughout the cycle.' Levels of prostaglandin also rise and cause the uterine walls to contract (cramps) and make us more sensitive to pain with tender spots and skin that marks more easily. 'Women closer to menopause, however, may experience an increase in oestrogen on day one,' says Dr Bruce McLucas, assistant clinical professor at UCLA School of Medicine. So, pre-menopausal women can experience their most radiant skin at this time of the month instead.

How to treat skin now

Now is not the time to have waxing, threading or depilation – skin is more likely to scar or flare up, as a result. Don't be tempted to over-treat your skin – sensitivity can be eased by switching to the simplest possible products at this time, such as cleansing with organic coconut oil, layering on a soothing serum, like S5 Calm Serum, £44, and using a calming treatment, such as Dr Hauschka Soothing Mask, £38.50.

DAYS 7-12

Post-period, we see an increase in oestrogen, and serotonin, the happy hormone. Most women feel better – and the elevation of mood often causes us to look better, too. Oestrogen also supports the production of collagen, so this makes sense: skin tends to feel plumper and softer, and we're less likely to break out. I, however, sometimes notice that my skin looks paler than usual at this time, and that dark, undereye circles seem more pronounced. This can indicate a mild iron deficiency, not uncommon after menstruation. If this is something you've noticed, it's worth getting red meat into your diet now (the most bioavailable source of iron to humans), but you can also absorb iron well via dark leafy greens, or a vegetarian supplement – I take Hübner Iron Vital F Supplement, from £6.49, in the days during and after my period, and it has made a noticeable difference to my skin and energy levels.

How to treat skin now

You may also notice dry patches around this time. With the increase in collagen comes an increase in cell turnover, so to help minimise dead skin cells, exfoliate gently in the days post-period, and boost hydration levels with a moisturising mask. I exfoliate with a gentle peel, such as Oskia Skin

Renaissance Mask, £48.50 followed by a thick layer of either Aurelia Cell Revitalise Rose Mask, £65, or Antonia Burrell Mask Supreme 7-in-1, £57. I also use a thick layer of organic live yogurt to gently exfoliate and hydrate – layer on with fingers after cleansing and rinse off after 20 minutes.

DAYS 12-16

Oestrogen and luteinising hormone are at their highest levels now. Fertility experts and research scientists also suggest that peaking fertility produces a peak in attractiveness – no coincidence, says Dr Daniel Sister, a leading fertility expert and hormone specialist, as this is when you're ovulating, and oestrogen levels begin to build again. 'You know how it feels when you fall in love? Your skin glows, you feel wonderful and have limitless energy,' says Dr Sister. That's the power of oestrogen.

This week of radiant skin is often accompanied by a better mood, a feeling of levity, and better concentration. Pores look smaller; your face looks fresher. 'Oestrogen helps keep skin and hair youthful by promoting collagen production, and maintaining fluid balance, while androgens, such as testosterone, can contribute to sebum production,' says Dr Alexis Granite, dermatologist at Cadogan Cosmetics. If, however, this is the time you break out along your jawline, this could suggest an excess of oestrogen. It's worth tracking skin changes for a few cycles to pinpoint the dates of breakouts

“You know how it feels when you fall in love? Your skin glows, you feel wonderful and you have limitless energy. That's the power of oestrogen”

to help identify a hormone that may be imbalanced.

How to treat skin now

Elevated oestrogen can make us produce more melanin, leaving us prone to developing pigmentation or melasma. I use an SPF every day (Pixi Tint & Conceal, £26.50), but it's important to cover skin well on holiday during this time. La Roche-Posay, Sisley, Clarins and Payot make my favourite suncare products.

DAYS 17-28

This is the luteal phase, and if the ovum in the uterus is not fertilised, the body begins to prepare for menstruation. The first half of this phase is characterised by a rise in progesterone, which can calm skin that is naturally drier, but can make others' far oilier. This, says Dr Malik, is also 'when oestrogen dips, meaning that testosterone levels are relatively higher just before menstruation begins. This also activates sebaceous glands, causing an increase in sebum production. This dip in oestrogen and predominance of testosterone before you

>>>

>>> period can also cause acne by promoting stickiness of skin cells that makes pores more susceptible to clogging,' says Dr Alexis Granite. 'These changes may then allow the sort of environment that causes an increased growth of P. acnes – a bacterium implicated in acne – as well as skin inflammation.' If you consistently suffer red, sore, cystic spots the week before your period, it's worth making a note of precise dates. If the severity increases and makes you unhappy, a GP will often suggest the combined pill to help stabilise testosterone levels. We suggest trying several other things first though (see panel, right).

How to treat skin now

It's at this point in the month that one need invest a bit more time in the prevention of breakouts. 'The week before your period always requires more careful cleansing. To minimise skin bacterial overgrowth, avoid touching your face and clean your mobile phone regularly,' says Dr Malik. I've noticed that a twice-weekly peel helps shift the dead cells that might otherwise lead to a spot. I don't exfoliate more than twice a week, but in the week leading up to my period, I will use a peel twice. I am always cautious to apply an antioxidant-rich serum afterwards to help newly-peeled skin deal with UV rays, and never skimp on the SPF.

If you *do* get a spot

My very best advice is to just leave well alone. No deep, sore, cystic spot will *ever* be helped with probing or squeezing. The only spot you should attempt to squeeze is a comedone (blackhead) or small whitehead (and only then very gently, and after skin is cleansed and steamed to soften sebum and aid the extraction). For cystic spots, 'I would recommend anti-acne topical ointments that contains salicylic acid or benzoyl peroxide and applying it daily to your troubled areas to prevent new pimples from forming,' says Dr Granite.

The hormone and stress link

Dr Sister and Susie Rogers, founder of BeautyWorksWest, are co-authors of *Your Hormone Doctor* (Penguin, £12.99) and believe that the biggest impact upon our hormonal balance, and subsequently, our physical appearance, is stress. 'Our advice is to try to take control. Things that really help achieve this include meditation, sex, exercise, laughing... all these will lower cortisol levels – crucial for maintaining balanced hormones. Also, watch what you eat. Yes, we often crave chocolate pre- or post-period (also a sign that we're low on magnesium), but go for dark chocolate instead of sugary processed milk chocolate. Avoid excess sugar and salt, and load up on clean, healthy water.

For more information, see cadogancosmetics.com; drdanielsister.com; beautyworkswest.com; gracebelgravia.com

HEALTH & DIET

Leading nutritional therapist, and *Psychologies* columnist, Eve Kalinik shows you how to eat to balance your hormones

- First and foremost it's important to acknowledge the 'which' and 'why' – which hormones might be out of balance and why this might be happening. A blood test is a good place to start, but you can also keep track of your skin over two or three cycles to get a good idea of what's going on inside your body.
- Omega-3 foods – think oily fish, such as salmon, mackerel, anchovies and sardines, and chia seeds, flax seeds and their oils will all help nourish the cell membrane and provide the appropriate nutrients that help support hormones in the body.
- Include plenty of leafy greens, including rocket, spinach, kale and broccoli, although with the latter two make sure you steam rather than eat raw if you have any history or predisposition to thyroid issues.
- Drinking plenty of water is also key to supporting detoxification. Make this more liver-supportive by adding fresh lemon or lime juice. First thing in the morning is a good time to have this with warm water.
- With regard to conditions such as Polycystic Ovary Syndrome, research suggests a low-sugar diet (fructose included) can help to better support hormone-balancing, and having protein with each meal or snack will help regulate blood sugar levels.
- If stress is your thing then reduce your intake of caffeine, alcohol and sugar, and include foods such as avocados, green leafy veg, and nuts and seeds. Liquorice tea is also great for moderating stress responses and some people find that maca (which comes as a powder that you sprinkle on to food), can help, too. Most importantly, include plenty of restorative activities in your day and get good sleep.
- Some clients have found results by eliminating dairy from their diet (to balance reproductive hormones), but make sure you include plenty of calcium-rich, non-dairy alternatives, such as fortified, unsweetened almond milk, broccoli, pak choi, tofu and tahini, and stick to a six-week phase, slowly reintroducing dairy back into your diet, looking for any changes to your skin once you do so.

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1 FOREVER YOUNG

As we age, our skin is more prone to dehydration as damaged skin cells release a chain of negative signals discouraging normal cell function which leads to less lipid, collagen and fibre production, making it hard for skin to retain moisture. Potent white narcissus lily bulb, used in the new Origins collection, reawakens the skin, boosts collagen and, ultimately, increases moisture levels.



Origins Three Part Harmony Nourishing Cream, £60

6

SUPER SERUM

Summer travel has thrown my skin for a loop, making it dry and scaly. This is a saviour with radiance-enhancing Persian silk tree, collagen-boosting pomegranate flower, and olive leaf extract to stimulate skin cell renewal, while rhubarb extract provides hydration.



Liz Earle Superskin Face Serum, £48



Smashbox #Shapematters palette, £60

2

VARIETY BOX

You can't ask for anything more from this fantastic palette (above). A three-in-one affair, eyes, face and brows are covered, allowing us to mix and match, shape and define, to play up our unique features.

This month... ask for it



Amerley Ollennu finds beauty buys that match expectations

People can be afraid to say what they really want, and even more scared to express disappointment when they don't get it. I am not one of these people. Take a restaurant order... I will ask for exactly what I want: yes, I like my drinks without ice and my eggs poached for exactly four minutes, but I feel that if I ask nicely, and I'm paying for it, I should get exactly what I ask for.

I admit I'm a perfectionist; I believe something isn't worth doing if it's done half-heartedly. Psychologists say perfectionism can lead to unhappiness, as it is accompanied by depression and disappointment. So, I'm working on being more adaptive. But, when it comes to beauty, I'm sticking with my 'demanding' nature. I expect my product picks to do what they say they will, in order for me to part with my cash.

3

EYE CANDY

This has really impressed me. A daily eye-treatment, fusing antioxidants with high-tech peptides that smooth out fine lines, thicken skin as well as increase elasticity. Plus, the cool-touch ceramic applicator instantly refreshes.

Alpha-H Absolute Eye Cream SPF 15, £46



4

NAIL IT

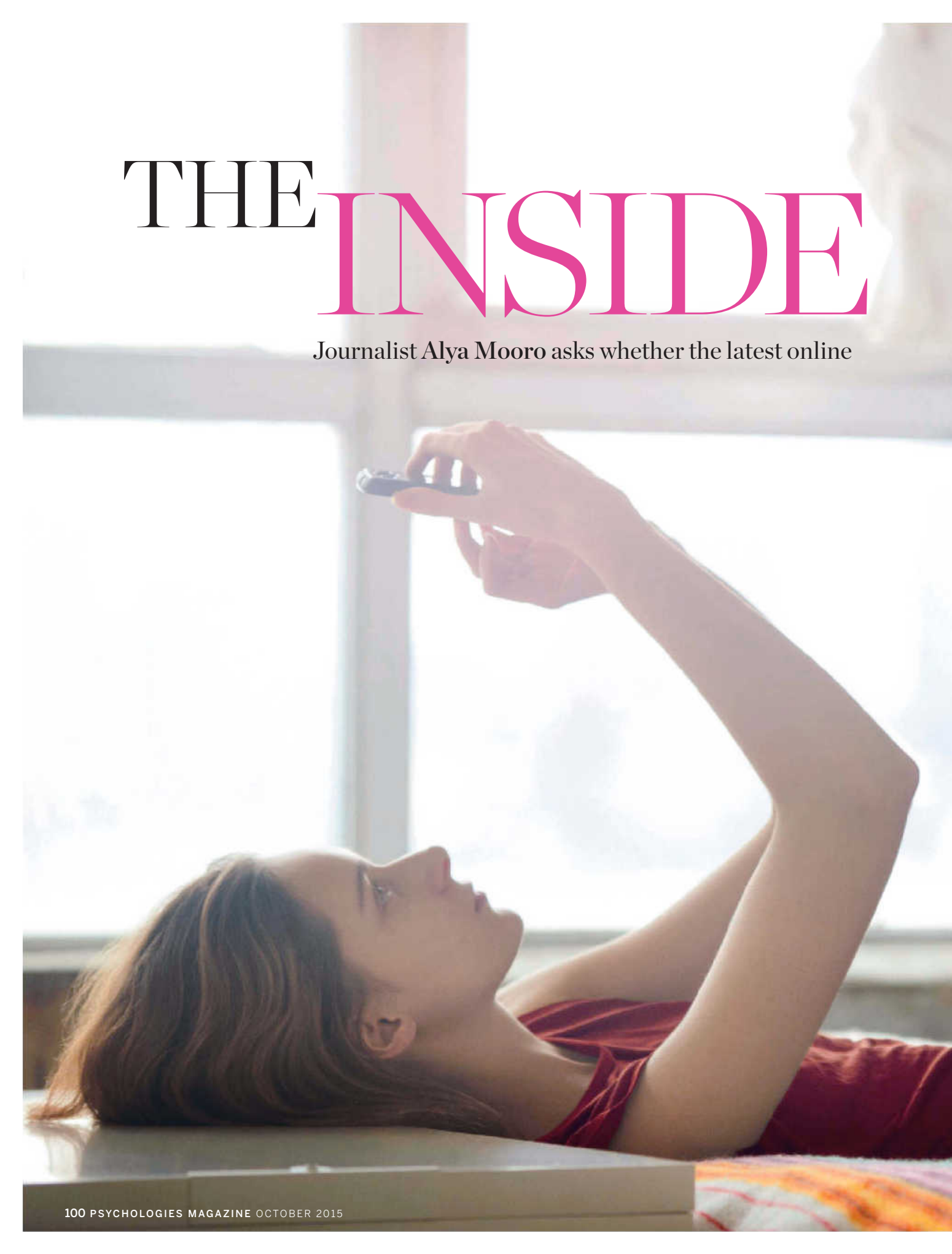
Nails need a polish that lasts. Longwear Nail Enamel, and Diamond Top Coat, £6.99 each, from the Revlon ColorStay Gel Envy range, don't budge, so my nails no longer look like the afterthought they are.

5

ALL ROSY

I'm a sucker for a new multi-purpose buy, especially of the oil variety. AERIN Rose Oil, £50/30ml, enriched with evening primrose, rosehip, sweet almond and argan oils helps keep my body nourished. I'm massaging it onto my face, neck, décolletage, hair, knees, elbows and hands.



A woman with long brown hair is lying down, propped up on her left arm, looking at a smartphone held in her right hand. She is wearing a red top. The background is a bright, out-of-focus window with white frames. The overall mood is contemplative and modern.

THE INSIDE

Journalist Alya Mooro asks whether the latest online

THE BOOST } wellbeing

TRACK

tracking technology is the best way to nurture yourself



>>> Soaring high above the Mediterranean sea, attached to nothing but a parachute, my mind racing with the sheer wonder of it all, another thought elbows in on the elation – I'm not going to have any photos to document this moment in my life. The irony of feeling as free and uplifted as I've ever been, while simultaneously worrying about a lost social media opportunity sounds crazy, but it's a concern that colours almost all of my day-to-day interactions.

I have grown up as part of a generation that trades in pictorial evidence. Look who I met! Look at what I wore! Look at what I'm eating! Look at me working out: and yes, I am #strongnotskinny. Unlike my parents' generation, who picked up the phone to check in with friends and family on a daily basis, my friends and I upload images and 'progress reports' throughout the day. If we're out for jogs, we can track our route then upload to Facebook; if we're on a new health kick, we can snap every meal, and keep tabs via our Jawbones. This is the very tip of the tracking iceberg – beyond the hundreds of thousands of Tweets and Instagram shots that appear every second of every day, it seems that our thirst to know (or is it reveal?) ourselves, is insatiable.

It's been estimated that there are currently over 17,000 wellbeing apps, and that by the end of 2015, over 500 million people worldwide will have used at least one. Like many millennials, I have used tracking apps to keep tabs on my diet and exercise routine. To go from a veg-fearing teen to some semblance of a conscious eater is no easy feat, but it's been facilitated by apps like MyFitnessPal, which instantly provide you with nutritional statistics, and running apps like Nike+. Had it not been for these apps, I would not have stuck with my 10k training. At several points I was certain I'd reached a plateau and could no longer see my body's progress, yet the app-tracked evidence clearly showed that I was improving, which kept me on track, too. Research* shows that measuring progress means you're more likely to stick to your fitness goals.

BODY GUARD

Diet and fitness apps aside, there's also a new wave of 'guardian gadgets' – apps that enable us to learn more about our own bodies, moods, minds and selves. A close friend uses period-tracker Clue to increase her awareness of her cycle and

fertility, giving her insight into how she'll feel, emotionally and physically, at any given time. 'I plan my diary as much as I can around my cycle,' she says. As someone who has always struggled with PMS and debilitating period pains, this takes the pressure off – she knows when she'll be on top form, and less so, and adjusts her life accordingly.

There are numerous apps that help us to track our moods, with some of them, such as eMoods Bipolar Mood Tracker, specifically created to help those with the condition. Marketed as an easy-to-use tracking tool, you keep tabs on daily moods, and a chart is generated that can be sent to your doctor at the end of the month. The premise is to help the individual pinpoint their triggers, and aid them in avoiding certain activities, scenarios or events that might lead to a future relapse.

MOBILE MEDIC

Some people are so reliant on wellbeing apps they'd even consult them before contacting a GP. Health app Babylon, which markets itself as 'everyone's personal health service', essentially brings the GP to you, via your smartphone. Patients can either send a simple text query or photo to be looked at by a doctor or nurse, or they can book a secure

video or face-to-face consultation. Once you've been 'seen', you can have your prescription either sent to your mobile, to your home in the post or to a nearby pharmacy. The founder, Ali Parsa, formerly of Goldman Sachs, said his mission was to make healthcare as accessible as iTunes has made music, or Amazon the purchase of books. Richard, a colleague of mine, who subscribes to Babylon (at £7.99 per month), eschewed his GP in favour of his smartphone, after hurting his shoulder at the gym. 'All it did was confirm what I already knew, but the speed of reply was better than going to a doctor,' he said.

Ross Tavendale, head of media at Ideas Made Digital, agrees. 'I'd rather consult an app over a GP. I think if you're smart and take baseline readings of your weight, sleep and blood pressure, as well as things like body fat percentage and muscle mass, you can manage your health by yourself. The trick to being able to monitor yourself in this way is to understand what you are starting with,' he said. To help us better understand, there are, of course, yet more apps – from iTrige, the brainchild of two A&E doctors, to Vida, which acts as a health coach, trainer and GP rolled into one app (at around £10 per week). Cue, a personal gadget that uses a drop of >>>

“It's been estimated that there are currently over 17,000 wellbeing apps, and that by the end of 2015, over 500 million people worldwide will have used at least one”



>>> saliva or blood to collect biometric data, helps users detect flu early, track fertility and optimise mood by getting enough time in the sun each day. Really impressive, and close to becoming a reality, Cue is currently available for pre-order and is expected to be available before the end of the year. There's also mySugr, which helps diabetics track their sugar intake, iBreastCheck helps women stay on top of their personal breast examinations, and TalkSpace connects users to licensed therapists for unlimited messaging.

HEALTH CHECK

Arguably, technology stands to save the NHS a lot of money. 'Anyone with a smartphone can access a health app at any time,' says technology PR Lauren Ingram. But that's not to say that doctors won't still be playing a vital role. Ida Tin, co-founder of Clue, stresses that the sheer amount of data people will be collecting can only be the beginning of a good thing – once we are able to track our health in an accurate and unbiased way, patterns can emerge that will lend our local GP true insight into what may well be going on underneath; an insight you're unlikely to get from a rushed 10-minute appointment alone. Apps could then, arguably, become the starting point for a future of far more accurate medical histories, for all of us.

From apps to tracking gadgets, with Space.NK selling a new wristband – the Netatmo June, £118 – which measures your skin's UV exposure and tells you when to put on SPF and get in the shade. Spire measures the frequency and intensity of your breathing and lets you know when to de-stress, and medical monitoring device Wello can, within seconds, tell you your heart rate, blood pressure, temperature and more. It's never been easier to monitor your wellbeing. Companies such as Spotify can even correlate a user's mood to the kind of music they're listening to – a bespoke playlist that intuitively tracks your headspace, who'd have thought?

Given the boom, it's no surprise that Apple, Google and even Nintendo – best known for video games and the Wii Fit – are also getting in on the action. The first product from Nintendo's new health and lifestyle venture is a fatigue- and sleep-deprivation sensor that is placed by a person's bedside and uses a radio frequency sensor to measure bodily movements, breathing and heartbeat – all without physically touching their body. This data will then be transmitted to

cloud servers, analysed and sent to the user with suggestions on how best to improve their sleep. Also due to arrive in a bedroom near you is Lovely, a gadget and app that is essentially like the Fitbit app (which helps you track activity levels) for sex. Currently seeking crowdfunding on Indiegogo, you'd assume not many people would want to track their sexual performance (or be rated on it!) but, at the time of publishing, the device has raised \$40k of its \$95k goal. Not only will the device – which can be worn on a penis, finger, or dildo – monitor how many calories you're burning during sex, it will also cite top speed reached and suggested positions for next time (let's hope the Social Share option is disabled on this one). A pocket GP is one thing, but anything south of naval-gazing begins to sound a lot like Big Brother gone mad.

“Once we are able to track our health in an accurate and unbiased way, patterns can emerge that will lend our local GP true insight into what may be going on underneath”

BACKTRACK

Socrates believed that 'the unexamined life is not worth living'. The highest echelons of humankind, he reasoned, would necessarily live lives that sought out some greater purpose. Not to do so placed mankind among the animals; non-sentient, basic, ignorant. Could data-tracking shed light on those unexamined parts of ourselves – open up our minds more powerfully and light up our souls, while also refining and developing our bodies? It's a big promise, and

one that seems to be paying off in places; many of the *Psychologies* team report better nights thanks to the Sleep Cycle app and a more mindful existence thanks to leading apps StressLess, Headspace, Lumosity and Calm. But when tracking tips over into obsessing over each calorie, dissecting every social interaction, and fretting about each and every mood change, this brave new world begins to lose its appeal. And I am not sure Socrates had this level of self-obsession in mind when he came up with his truism. Do any of these apps sincerely support self-discovery? Are any true arbiters of bona fide self-help? Could any comfortably replace real human connection, or replicate one's own gritty journey towards awakening, and ultimately, better self-awareness? I am not sure.

What I do know is that if all your gadget does is enable you to become more concerned with yourself – down to the mechanical minutiae of your increasingly competitive sex life – perhaps it's time to shift the focus the other way, switch off, and just let life happen, without a graph, message, measurement or photographic evidence to get in the way.

Release the stress

The *Psychologies* StressLess app is filled with exercises and advice to help you manage your time, control your feelings and communicate more calmly

1 BE YOUR OWN MIND COACH

Try our specially devised mind-coaching exercises to change your thought patterns and help you find peace both mentally and physically, to live a more balanced life.

2 MANAGE YOUR TIME

Discover how to prioritise everyday tasks and make more time for yourself and the things that make you happy.

3 TEST YOUR FEELINGS

Take our test to find out how to stay calm and stop being overwhelmed by your own feelings and other people's, too.

4 EXPRESS YOURSELF

Are you able to say no easily?
Do you take criticism badly?
Use the exercises to help get your point across calmly, but firmly, at home, work or with friends and family.



PHOTOGRAPH: DOUGAL WATERS/CORBIS

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THE BOOST } wellbeing notes

HUMAN EVOLUTION

Product developer Laura Rudoe takes Evolve back to its roots from the studio within her home, where she creates superfood for the skin, using baobab in the Gentle Cleansing Melt, and raw cacao in the Radiant Glow Mask, £18 each.

WONDER YEARS

Elizabeth Arden Superstart Skin Renewal Booster, £45, has been proven to nourish the outermost layer of the skin. It uses probiotics, sea fennel, flaxseed and glasswort to boost the effectiveness of your existing cleansing routine by 95 per cent.*



**Darphin 8-Flower
Nectar Oil Cream, £65**

FLOWER POWER

Jasmine, iris, neroli, immortelle, rose, ylang-ylang, patchouli and lavender make up the heart of Darphin original 8-Flower Nectar. Each jar is infused with 280 petals and left for 168 hours to create this uniquely rich, melting and butter-soft texture. Utter luxury.

It's time to...

clear the mind



We all know that if we added up the time we spent putting things off, we could have done it all already. So, with

the children away at granny's, out came the toolbox, up went new blinds, off came a dividing door, around went newly clean furniture, and out the door bounced eight bin bags to local charity shops. In came fresh flowers and, with windows newly clean, light of an altogether different colour. Our physical clutter can mirror mental clutter, and without the former, the latter has no place to hide. I slept better, woke with purpose, and cleared the bulk of a month-old to-do list. I'm determined to keep up my new clean and clutter-free existence. My children came back and the eldest exclaimed, 'I've never seen the house so tidy! I love it!' A pause, and frown, 'Let's keep it tidy, Mummy.' See, now I can't even blame the baby.

Emine

Beauty and wellbeing director



JUST THE TONIC

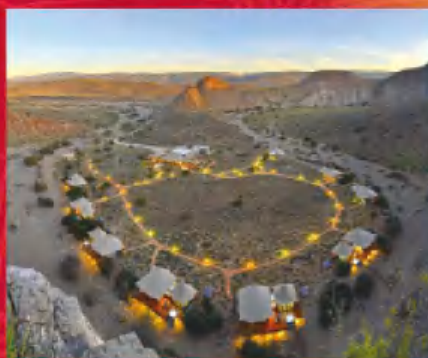
A homage to the Hampshire countryside is how perfumer Ruth Mastenbroek describes the all-natural fragrance she created, with Summerdown Farm's Black Mitcham Mint. And fresh from the farm, the 90-minute Awakening Summerdown Ritual arrives at the Four Seasons, Hampshire this summer – created to celebrate all that is verdant, salubrious and gloriously restorative, it includes warm compresses, oriental scalp massage, a loosening back massage and a reviving facial massage with warm and cold stones.



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Magic tea

Every issue we bring you the facts on the latest health trends. This month, we take a look at tea

THE HYPE

A foreign princess is responsible for the Brits' love of tea – in the 17th century, Catherine of Braganza, in Portugal, brought her tea-drinking custom to the English court, as the queen of Charles II. Today, we drink 165 millions cups of tea *every day* in the UK (compared with 70 million cups of coffee), and the number of different varieties of tea, from rooibos to camomile and lapsang to matcha, has risen by 82 per cent in the last 10 years. When once you just had to choose between milk or sugar with your cuppa, today, the myriad herbal, flower, fruit, black, white and green options has meant that supermarkets now dedicate half an aisle to tea.

The ancient Chinese proverb attests that it is 'better to be deprived of food for three days than tea for one'. *Psychologies* investigates... >>>

PHOTOGRAPH: KANG KIM/GLASSHOUSE ASSIGNMENT



THE BOOST } hype-free health

THE FACTS

L'All tea starts its life as a leaf from the same plant: the *Camellia sinensis*,' say Krisi and Mike, founders of Bluebird Tea Co. 'The type of tea those leaves eventually end up as (black, green, white) is influenced by which part of the plant they are picked from, and what treatment they have been through once they are picked. This also influences the caffeine content. The amount of caffeine that actually ends up in your body is on a wide varying scale with many influencing factors such as age of leaf, water, temperature, steeping time and so on.'

2'Green and white tea is usually steeped at a lower temperature and for a shorter time, which gives the caffeine less chance to dissolve into the water. This doesn't mean the original tea had less caffeine, just that less of it was released into the water,' say Krisi and Mike. If you're looking to avoid caffeine, it's best to choose a naturally caffeine-free tea such as rooibos, which still contains catechins and polyphenols – potent antioxidants that mop up free radicals and help boost health.

3For the latter benefits however, it's the new breed of 'superteas' that are really causing a stir. Matcha is a 100 per cent green tea that has been ground to form a very fine powder. Doing so concentrates the potency of the leaves, giving matcha its vivid green hue. As the whole leaf is ingested, matcha is a far more potent source of nutrients than its steeped counterparts. It also contains a naturally occurring amino acid called L-theanine which, together with caffeine, appears to increase alertness.

THE VERDICT

- A recent study* has also shown that decaffeinated tea hydrates you just as efficiently as water – with the added benefits of those antioxidants, too.
- Fluoride is important for dental health and tea is one of the best sources of fluoride in the diet. Research presented by Dr Carrie Ruxton to the UK Nutrition Society shows that the current average intake of tea falls short of the European fluoride recommendation, suggesting that tea intake should increase to access the benefits of fluoride for dental health.
- Both black and green tea have been linked with improved cognitive function, according to a new study. Commenting on the new research, Dr Tim Bond from the Tea Advisory Panel notes, 'Tea has been associated with many mental health benefits such as improved mental

attention, clarity of mind and relaxation.'

- The polyphenols and flavonoids in camomile tea have been proven to protect against thyroid cancer, according to a new study published in the *European Journal of Public Health*. Researchers found that camomile tea consumed two to six times a week reduced the risk of thyroid cancer by 700 per cent and benign thyroid disease by 84 per cent.
- Matcha contains a unique polyphenol called EGCG which has been shown to boost metabolism and slow or halt the growth of cancer cells.
- The evidence is clear; our ancestors were on to something. Drink tea for its abundant health benefits – just be sure not to consume too much of the caffeinated variety.



"NEVER TRUST A MAN WHO, WHEN LEFT ALONE IN A ROOM WITH A TEA COSY, DOESN'T TRY IT ON" – BILLY CONNOLLY



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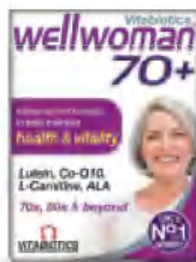
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Plus



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Max



Drink

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Take a dip

Each month, Amerley Ollennu tests the latest fitness trends, delving into the psychology of exercise to give you the tools to get and stay fit

The rigmarole of swimming used to put me off – why do caps still let your hair get wet? Why is it so hard to find a cossie that stays put in all the required places? However, knowing that swimming is good for you (especially for me, as I have arthritis in my left foot), I decided to give it a chance.

DIVE IN

As a child, I loved to swim, but somewhere along the way I picked up bad habits, such as avoiding putting my head in the water.

'This is incredibly common,' says Seyedeh Mohammadi, senior swimming manager at Virgin Active UK. But she believes it's worth persevering, as swimming can strengthen the heart and

lungs, reducing the likelihood of chronic illnesses such as heart disease, Type 2 diabetes and stroke. 'It's also a fantastic way to increase flexibility and, because it's a non-weight-bearing exercise, it's ideal for those with joint issues,' she says. Then there is the relaxation factor; akin to

meditation, 'swimming encompasses the three steps critical to a meditative state – *pranayama* (breath control), *pratyahara* (withdrawing the senses from the outside world) and *dharana* (concentration),' says Mohammadi. But it's important to hone your technique as, like with any exercise, if not done properly injury can occur, most notably through pressure on the neck and spine. Mohammadi recommends lessons or a one-on-one refresher session with a coach. 'Take things slowly the key to an effective fitness-focused swimming

“Swimming can increase flexibility and strengthen the heart and lungs”

session is interval training. Mix short work and rest segments and try a variety of strokes and intensity levels,' says Mohammadi. And it's not just swimming that can be done in a pool. As water provides 12 times more resistance than training on-land, and has the ability to support the body, working out while submerged is a no-brainer. From old-school aqua aerobics to high-intensity interval training and



spinning, water-based classes are springing up all over the UK.

ONE MONTH ON...

I'm mixing my water workout with regular weight-training sessions, and I feel a lot more relaxed. Once a week, I head to my local Virgin Active, and spend 45 minutes in the water. I start with running, lunging and squatting, followed by 15 minutes of interval training, then I swim any which way I like for 15 minutes – with my head in the water! I'm pleased I pushed through my initial reluctance, because as soon as I start to swim, my head clears, my stress levels lower, and I emerge happy and calm.

Next month: Amerley heads back to the classroom to test the latest fitness lessons. Follow Amerley on Instagram @amerleyo

WATER BABY



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The Retreat

Home | Living | Recipes | Nutrition | Travel | Books

“You are the sky.
Everything else – it’s
just the weather”

PEMA CHÖDRÖN

“CLOUDS” WALLCOVERING BY LEE FELDMAN, FROM \$45 PER SQUARE METRE, TEKSTURA.COM





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THE RETREAT } feasting

EARTHLY PLEASURES

Sinfully good yet saintly, indulge in these deliciously healthy treats

RECIPES SUSAN JANE WHITE PHOTOGRAPHS JO MURPHY



Chocolate seed soldiers

>>> **H**ealthy food is all very well, but it's got to taste great, right? Damn right. I love cooking for flavour, but cooking for the good of my body makes me giddy. Health and flavour are a potent duo. Food is information. Every bite we eat contains software that tells our genes how to express themselves. Food literally has the ability to turn our 'good' genes on and our 'bad' genes off. By nourishing your body with the right nutrients, your body will nourish you. It makes sense to count nutrients, not calories. If calorie-controlled diets worked, we'd all be thin (and achingly dull).

So what counts as nourishing? Raw, unprocessed food like whole fruit, quirky beans, fresh vegetables, groovy grains such as buckwheat and quinoa, and weird-sounding flours milled from chickpeas and rye. Fat is your friend: chia, olive, flaxseed, almonds, avocados, oily fish and coconut. These choices will service your body like a Formula 1 pitstop, and you'll have a winning body to prove it.

Taken from the foreword to 'The Virtuous Tart' by Susan Jane White



READER OFFER

Psychologies readers can buy *The Virtuous Tart* by Susan Jane White (Gill & Macmillan, £21.99) for the special price of £19.99, including free UK p&p*. Call 00 353 (0) 1500 9570, quoting 'Psychologies'.

MACACCINO TORTE WITH TOASTED PECAN AND CHOCOLATE CRUMB

Maca is the Lucozade of the granola-crunching, wheatgrass-swilling community. This golden fairy dust is supposed to strengthen stamina and virility too. If you're curious, this mystical maca comes in powdered form resembling a sort of butterscotch flour. It's fun to use, and if it does indeed boost libido, then it's even more fun than I expected. Good luck!

MAKES 20 SERVINGS

FOR THE BASE:

- 1 cup (110g) pecans
- 5 Medjool dates or presoaked regular dates, pitted and chopped
- 2 tablespoons cacao or cocoa powder
- sprinkle of sea salt flakes

FOR THE CREAM FILLING:

- 1½ cups (170g) cashew nut butter

- 6 tbsp maple syrup or coconut blossom nectar
- 5 tbsp hot, strong coffee
- 3 tbsp maca powder
- 2 tbsp lúcuma powder or 1 tsp vanilla extract
- 2-3 teaspoons tamari soya sauce
- 4 tbsp melted cacao butter
- 4-5 squares of dark chocolate, melted, to decorate
- coffee beans, to decorate (optional)

STEP ONE To make the base, put all the base ingredients in a food processor and whizz together until they begin to clump into a ball. You might need a tiny trickle of cold water or coffee to bring it together, depending on how soft the dates are. I like to toast my pecans first, but it's not necessary.

STEP TWO Press the mixture firmly into a non-stick 18cm springform tin, or whatever torte flan you have. Set in the freezer while you get going on the cream filling.

STEP THREE To make the filling, give the cashew butter, maple syrup, hot coffee, maca, lúcuma and tamari a good pelt in a high-speed blender or food processor. You don't need to buy lúcuma especially for this recipe – a dash of vanilla works just as well, but I worship the buttery, caramel tones of lúcuma.

STEP FOUR Slowly add the melted cacao butter to the mix while the motor is still running. You should have a glossy maca-fuelled ganache by now. Spread the filling over your base and refrigerate until set. You can happily keep this macaccino torte in the freezer too, for unexpected dates. To decorate, go mad with melted dark chocolate and a spoon, and parachute some coffee beans on top.

>>>

*OFFER SUBJECT TO AVAILABILITY

Macaccino torte
with toasted
pecan and
chocolate crumb



>>>



STRAWBERRY AND BASIL CHEESECAKE

By loading more fresh veg and nuts into us ladies, we'll arm our bodies against The Ageing Process. This cake should help. Avocados and almonds are drenched with helpful fats and nourishing minerals needed to keep our toes tapping and skin glowing. Remember, the skin is your largest excretory organ. If you're eating garbage, you'll end up wearing it on your face.

SERVES 8

FOR THE BASE:

- 1½ cups (180g) walnuts
- 6 Medjool or other sticky dates, stones removed
- touch of sea salt flakes

- 25g packet of fresh basil, leaves only
- juice of 3-4 limes
- 4-6 tbsp raw honey
- 3 tbsp unscented coconut oil, melted

FOR THE CREAMY CENTRE:

- 3 ripe avocados, stones and skin removed (240g)

FOR THE TOPPING:

- 1 punnet of fresh strawberries

STEP ONE To make the base, blend the walnuts, dates and sea salt in a food processor (not a blender) with a splash of water. When it starts clumping together into a cookie dough ball, you're good to go. Press into a 20 x 25cm loaf tin. Bring the dough up the sides like a posh flan, making sure you support the elbow of the base – the part where the base meets the sides. Freeze.

STEP TWO Meanwhile, get going on your 'cheesecake' filling. Purée the avocado flesh, basil, lime juice, honey, melted coconut oil and some Frank Sinatra at full speed until savagely smooth. I use my blender for this bit.

STEP THREE Taste. If it needs more zing or kick, add another squeeze of lime juice to the mix. If you prefer more sweetness to rock your taste buds, then add an extra bit of honey. Spoon the filling over the frozen base and chill in the fridge for 1 hour. It will last for three days in the fridge like this.

STEP FOUR Just before serving, slice a handful of fresh strawberries and scatter them over the top along with any stray basil leaves you find loitering in your kitchen.



CHOCOLATE SEED SOLDIERS

These seed soldiers are excellent allies in the war against afternoon slumps. Practically humming with energy, they will deliver a cargo of essential minerals to service your mojo alongside battery-boosting B vitamins. Goji berries are rich in iron, protein and vitamins C, E and A.

MAKES 20 GENEROUS SERVINGS

- 1 cup (100g) pitted dates, chopped
- 1 cup (105g) milled sunflower and pumpkin seeds
- ½ cup (180g) cashew nut butter
- ½ cup (80g) raisins
- ½ cup (65g) coconut flour
- ½ cup (125ml) maple syrup (not honey)
- 3 tbsp raw cacao nibs
- 2 tbsp goji berries, plus extra to decorate
- up to 1 tbsp tamari or raw coconut aminos
- 130g dark chocolate (75% cocoa solids)

STEP ONE In a food processor (a fork and a temper will also work), combine everything except the dark chocolate and decorative goji berries. Spread it out over a parchment-lined shallow tin – the perfect size is 20 x 25cm, a little larger than the usual 20 x 20cm square brownie tin. Place another piece of parchment on top of the base mixture, pressing down firmly with your fingers. Once the base is smooth, you can ditch the top parchment. Chill in the fridge.

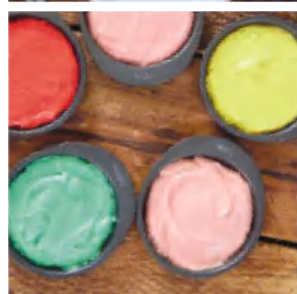
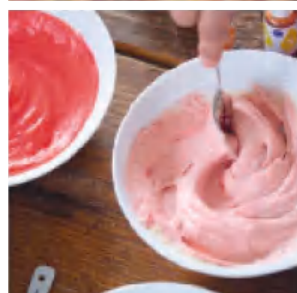
STEP TWO Meanwhile, slowly melt the chocolate in a bain-marie – a pot of simmering water, 2½cm in depth, with a heatproof bowl sitting on top where a lid might otherwise be. The contents of the bowl will gently melt from the steam of the water underneath. The trick is not to let the water boil or let the bottom of the bowl touch the water.

STEP THREE Smother the chilled base in melted chocolate and parachute a couple of goji berries on top for colour. Refrigerate overnight. I doubt you'll need an alarm clock to wake you up in the morning.

HUNGRY FOR MORE?

For more virtuous foodie thoughts and rollicking recipes, check out Susan's blog at susanjanewhite.com. We especially love her ideas for lunchboxes, breakfast and treats, especially the Probiotic brownies, which contain zinc (a healthier alternative when chocolate cravings hit).

Daisy wanted her birthday
cake to be beautifully coloured,
EXACTLY like her favourite dress.



Daisy and her Mum mixed and matched their colours perfectly using Wilton's Colour Right System, available exclusively from Lakeland. See how easy it was at lakeland.co.uk/daisy

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How to...
**NOURISH
YOUR KIDS**

Nutritional therapist Eve Kalinik on healthy foods for children



Not long ago, I visited a park with my best friend and her two kids. I remember seeing children running around with junk food, fizzy drinks and sugar-laden snacks. We'd packed some healthy treats, and my friend's daughter glugged on a carrot and ginger juice. The notion that kids don't like healthy food isn't a universal truth. Kids aren't great with things that are unfamiliar to them, and all children go through phases of suddenly disliking their favourite fruit or veg, or shunning their healthy staples. Of course, they can be seduced by bright packaging and clever marketing, but introducing healthy food at a young age means kids are much more likely to engage with these foods for the rest of their lives.

Fun food

This is at the heart of Gia De Picciotto's Edible School Garden initiative, which aims to bring herbs, veg and fruit into London schools and make eating interactive and fun right from the start. If a child is involved in the growing or preparation of food, a psychological seed is planted – and nutritious food becomes the 'norm'. It's no longer alien; it's something they're curious about. So,

get them into the kitchen – all children enjoy spiralizing veggies, flipping healthy pancakes, mixing batter for wholegrain muffins, and dipping fish fillets into egg yolk and breadcrumbs.

Healthy balance

When it comes to the foods themselves, the right nutrients affect the way kids grow and develop, both physically and mentally. What's a balanced diet? One that includes plenty of fresh fruits, organic vegetables, good-quality proteins (either from plant or free-range animal sources) and, of course, treats now and again. And it's these treats that help to create a naturally healthy relationship with food with no negative associations. Trying too hard to be perfect can be difficult and miserable. At home, managing the balance is easier, but mums often ask me for tasty and nutritious snacks that children can take to school, so in light of this, I've put together some handy snack ideas (see below).

If you feel there may be something deeper going on with your child's eating habits, see your GP and a registered dietitian or nutritional therapist, who can help get things back on track. evekalinik.com; edibleschoolgarden.net



My super snack tips:

ASMA'S BEET BROWNIES

Named after a special client. I dare you to not eat these before the kids!

SERVES 6

- | | |
|---|----------------------------|
| ● 2 cans black beans, drained (approx 480g) | unsweetened cocoa powder) |
| ● 80ml melted coconut oil | ● 4 tbsp beetroot powder |
| ● 4 eggs | ● Seeds of one vanilla pod |
| ● 1 cup cacao powder (or | ● 12 dates |
| | ● ¼ tsp Himalayan salt |

Preheat oven to 170°C. Grease the bottom of a 13½ x 8 x 1-inch brownie pan with coconut oil. Add all the ingredients to a large food processor and blend until smooth. Spoon into the pan and bake for approximately 35 minutes until you can see slight cracking on the top, and it is springy to the touch. Leave to cool fully before cutting into squares.

WHAT SHOULD A BALANCED LUNCHBOX LOOK LIKE?

Assuming allergies or intolerances are not present, this is a rough idea of what a packed lunch should include:

● Carbohydrates

Sandwiches made from additive-free, wholegrain seeded bread with real butter; wraps made with wholegrain or gluten-free flours; cooked quinoa; sweet potato wedges, mini buckwheat pizza bases.

● Protein

Fill or top the above with full-fat organic cheese, nut butters, organic meat or fish, hummus, free-range eggs.

● Antioxidants

Create pots of their favourite veggie bites with tasty dips (raw carrots, cucumber, cherry tomatoes and celery with tzatziki, tahini, hummus and guacamole). Smoothies are ideal for hiding veggies if they're not keen. Blend a banana, 2 teaspoons of cashew nut butter, a handful of spinach, a drizzle of maple syrup or good honey and a cup of dairy or non-dairy milk.

● Calcium

Use full-fat organic yogurt or full-fat organic milk for milkshakes and smoothies. Remember, green vegetables, almonds, tahini and white beans are also good non-dairy sources of calcium.

● Better treats

A small bar of good-quality, high-cocoa chocolate (try OhSo bars, a unique probiotic chocolate proven to support

good gut flora), an oatcake with hummus or nut butter (check out Nairn's range or Heavenly's Wafer Wisps) or an oaty homemade flapjack or muffin. Try fresh and seasonal fruit – banana boats are usually a hit. Slice one in half, add peanut or other nut butter, and decorate with goji berries, cacao nibs and coconut chips. It's nutritious, delicious and gets kids' creative juices flowing.



Sheer curtains in this one-room living space distil a concentrated hit of sunlight when needed for focused work, or can be pulled back for a shot of sunshine. An abundance of houseplants means foliage adds life and contrasts nicely with the geometric shapes in the furniture and furnishings



WISE DESIGNS

Think about what you really want
from your living space and you'll find
it works harder for you

EDITED BY LAUREN HADDEN
PHOTOGRAPHS EMILY JOHNSTON AND ALAN JENSEN

THE RETREAT } living

Designer and author of *Sage Living: Decorate for the Life You Want* (Chronicle Books, £18.99), Anne Sage says, 'We can shape our environment to help us push through challenges or nurture aspects of our lives we'd like to see flourish.'

She speaks from experience. After leaving behind a home and a marriage on one side of a continent, Sage looked at the homes of people leading lives that inspired her and, living by herself ('How long can I go without a sofa anyway?'), learned important lessons about what she really wanted from her home. 'As I've become more intentional about my interior, I've learned what's important to me and what I can let go,' she says. Sage by name, sage by nature...



Be inspired by the coherence of an artist's studio and try to keep only essential things to hand at your home desk or study. Tactile surfaces anchor the senses more fully in the present, so look for textural touches to keep you focused



The couple who decorated this room often have guests, and wanted to make it a welcoming space. A light feeling was maintained with reflective satin-finish white paint, minimal window dressing and using thinner legs on their reclaimed teak table



This kitchen was designed to be simple, but strategic. With simple countertop lines, white tiles and a pressure tap for easy cleaning, any cook in this kitchen can improvise with ease



Kumily rug, from £199, Urbanara



Tom Raffield cage pendant light, £365, John Lewis



Paulista monochrome quilted bedspread, £150, Habitat



Wrong for Hay cloche table lamp, £189, Cimmerrmann



Two-tone wool cushion, £60, Toast

Izzy Rainey print cushion, £50, Brilliantly British



Sinnerlig plant pots, from £7 each, Ikea



READER OFFER
Psychologies readers can buy *Sage Living* (Chronicle Books, £18.99) for the special price of £15.99, including free UK p&p. To order, call 01903 828503 and quote the reference '50519'.

*OFFER SUBJECT TO AVAILABILITY. FOR STOCKISTS, SEE PAGE 140

Start afresh

'Adapt your décor to further your dreams,' says designer Anne Sage. 'Your surroundings can help crystallise who you are, where you've been, and the direction you'd like to head.' Want to get closer to nature? Find some plant-holders and start potting. Is your back-to-school intention to prepare healthier meals? Simple wooden chopping boards will make slicing rainbow-coloured vegetables a tactile pleasure. Trying to watch less TV and read a bit more? Put an inviting throw and a focused reading lamp by your favourite chair. 'Consider the objects you'd like to incorporate and the activities you'd like to promote,' says Sage, 'and disregard the ones you don't.'

Metropolitan Queensway tile in white, £89.76 per square metre, Fired Earth



Judson decanter, £25, Habitat



Niju chopping boards, from £25 each, Bear & Bear



Ercol dining chair in Signal Black, £175, Florrie + Bill



Small multi table with trestles in walnut, £269.99, Casafina

A person wearing an orange sweater is holding a stack of books. The background is a field of green plants with yellow flowers. The text "GREAT ESCAPE" is overlaid on the right side of the image.

GREAT ESCAPE

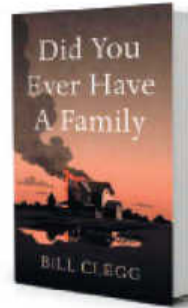
Find a quiet space, settle down and
lose yourself in a good book with our
choice of the best autumnal reads



Circling the Sun

by Paula McLain (Virago, £14.99)

Beryl Markham was a remarkable woman, a gutsy trailblazer who defied convention to take on the world on her own terms. She became famous as the first woman to fly solo across the Atlantic and infamous for her unconventional love life. Paula McLain's novel celebrates Beryl's life in all its complexity, from her wildling childhood in the Kenyan Rift Valley to her involvement in the Champagne-fuelled affairs of the Happy Valley Set and all the heartbreak and fraught happiness that entailed.



Did You Ever Have A Family

by Bill Clegg (Jonathan Cape, £12.99)

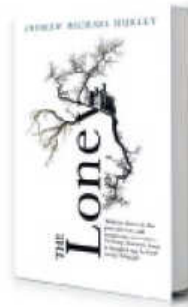
Longlisted for the Booker Prize, Bill Clegg's first novel finds June Reid in a heartbreaking situation when, on the morning of her daughter's wedding, her entire family is wiped out in a fire. She takes to the road, bewildered by grief. The tragedy reveals a complicated web of relationships, rumours and regrets, as the local community reveal their innermost feelings in this emphatic, deeply moving book.



Undermajordomo Minor

by Patrick DeWitt (Granta, £12.99)

As dark as night, and as charming as a spell, this novel follows lonely young Lucien (Lucy) Minor, a compulsive liar, who leaves his home village and sets out to seek his fortune in the creepy castle Von Aux, whose shadowy corridors hide macabre secrets. A cast of eccentric guests, wily thieves and a delicate beauty called Klara teach him some salient life lessons about trust, truthfulness and belonging in this fantastical story, told with the panache of an aristocrat from a Gothic romance.



The Loney

by Andrew Michael Hurley

(John Murray, £14.99)

Hurley's brilliantly unsettling debut is set in the 1970s on a bleak stretch of the English coast. The unnamed narrator's manically Catholic mother is convinced that a pilgrimage to a hidden shrine will restore his brother Hanny's speech, but the boys' uneasy encounters with the locals suggest a supernatural approach to a cure. As things go awry, Hurley ratchets up the tension as faith and folklore prove equally menacing.

FIRST LINES

'What drew me down there, I wonder, to the edge of the garden?'

From *Sweet Caress* by William Boyd (Bloomsbury, £18.99), out 10 September

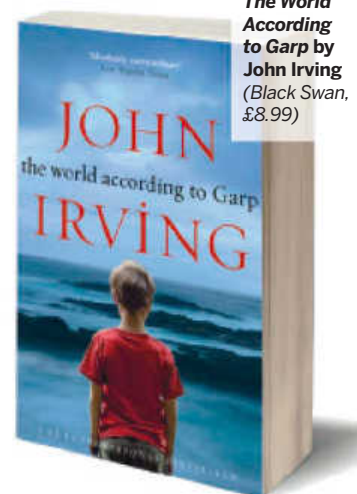
THE BOOK THAT MADE ME

Debut author Petina Gappah on one of her favourite novels, John Irving's *The World According to Garp*



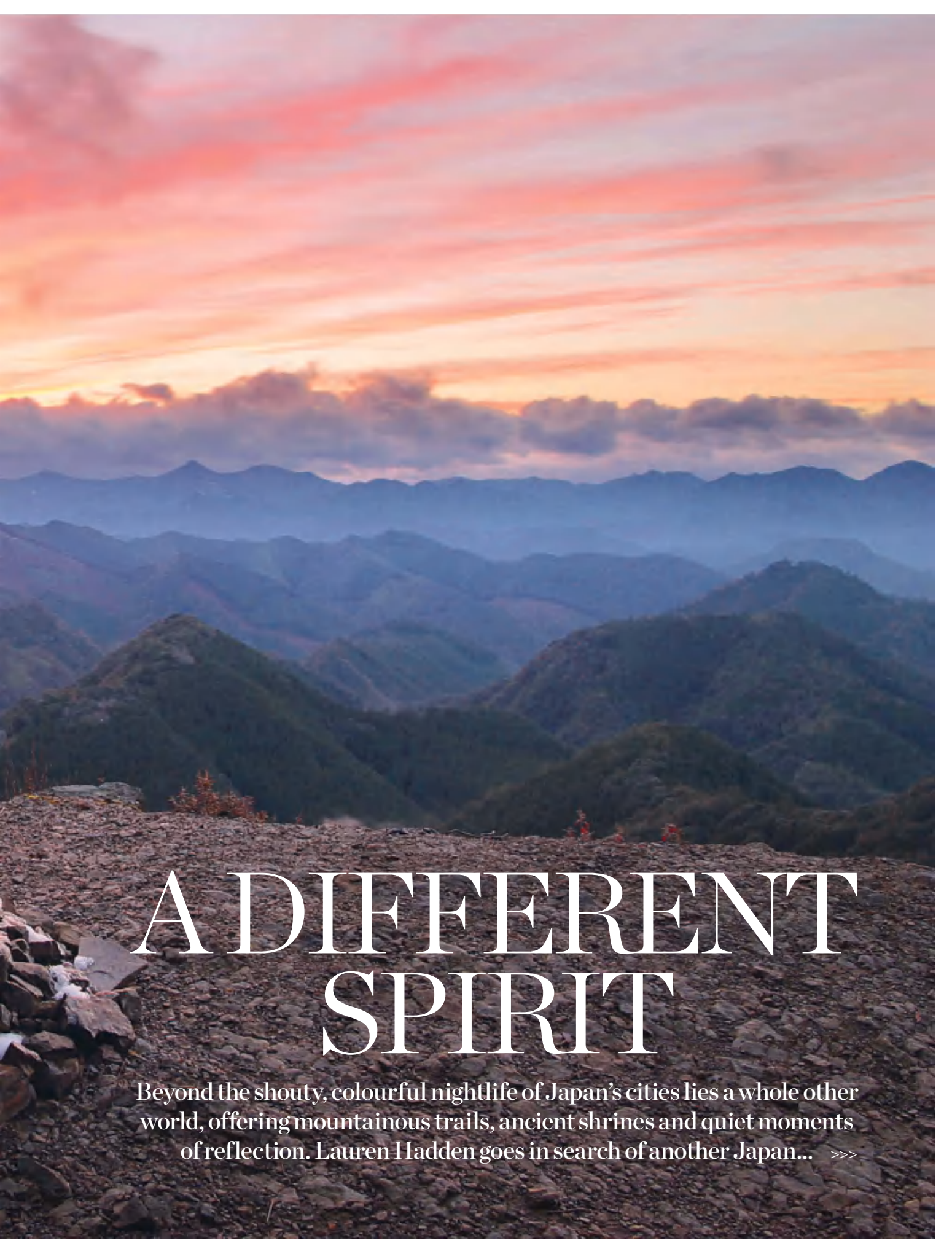
'The story of TS Garp, a writer, his unwilling feminist-icon mother, Jenny Fields, and the many characters in their lives, is impossible to summarise as it has so many stories within stories. To use the words of one of its characters, it's a book about "lunacy and sorrow". But it's also bursting with joy, humour and a madcap sense of fun. Part of it is set in Vienna, and that is where I first read it, as a student in Austria. I couldn't put it down, so I "walk read" it everywhere. There was a moment when I looked up to find that I was on Grillparzer Street when I was reading the story by Garp called "The Pension Grillparzer". It was an enchanted moment.'

Petina Gappah's first novel, 'The Book of Memory' (Faber & Faber, £14.99) is out now



The World According to Garp by John Irving (Black Swan, £8.99)





A DIFFERENT SPIRIT

Beyond the shouty, colourful nightlife of Japan's cities lies a whole other world, offering mountainous trails, ancient shrines and quiet moments of reflection. Lauren Hadden goes in search of another Japan... >>>

>>> A trip to Japan was something I'd always dreamed of, and those dreams contained visions of neon lights, closely packed buildings scraping the sky, heaving, bustling crowds of people everywhere and sleek trains moving at the speed of light. Oh, and eating sushi, sitting up at a tiny street bar. They were dreams of fantastic cities, mostly informed by manga comics and films. Think of this kind of Japan then, and you're probably thinking of its big cities like Tokyo or Osaka.

When my dream came true, what happened was what happens in these situations so often – the reality was quite different to my visions. Luckily, this reality was even better.

Yes, I travelled in a super-fast train, though of course it doesn't reach light speed, but a more pedestrian 320km per hour. We know it as a bullet train; the Japanese is a more lyrical *shinkansen*. And I saw neon lights – we visited Osaka, the capital of the Kansai region. Osaka is where you will find Dotonbori, the famous nightlife area that runs parallel to a canal, and on which some of the most memorable scenes in *Blade Runner* – one of the films that informed my dreams of Japan – is based.

As well as flashing street signs, it's also the home of a very different foodstuff to the sushi you'll be familiar with. Okonomiyaki is Osaka's much-loved street food, served in close-packed booths in restaurants crowded with locals who adore the opportunity to eat deep-fried savoury pancakes off sizzling hot plates. Walking down Dotonbori to try to work off some of the (deeply satisfying) grease you've just lapped up is a slightly otherworldly experience.

Food for thought

But it was away from the distraction of neon shopping arcades that I discovered a Japan that my preconceptions hadn't been able to conjure a picture of. On the tip of the Kii Peninsula, in Kansai, two

hours' train ride south of Osaka, lies Wakayama. We visited in November – autumn in Japan, when the cedar and cherry trees turn stunning colours and you can stop at roadside shops for Japanese tangerine juice. Almost 80 per cent of Wakayama is mountainous and it's the home of the legendary Kumano Kodo pilgrimage, a criss-crossing grid of traditional walking trails leading from Kansai's (and Japan's) ancient capital, Kyoto. Used since the 10th century AD, it's the only trail walk, along with the Camino di Santiago, accorded World Heritage status. Covering a huge area of western and southern Wakayama, it's

“A walk along the Kumano Kodo is considered a personal experience – done for self-purification”

made up of steep forested hills, with little towns hidden in the river valleys between. The route winds around the Kii Peninsula, allowing you to visit three major Shinto shrines as you go. A walk along the Kumano Kodo is considered a personal experience – your own walk, done, as with so many pilgrimages the world over, for the purpose of self-purification. Although the route includes these three main shrines, there are numerous 'oji' – smaller shrines to local deities – sprinkled along the route. They reminded me of local grottoes you might see in Catholic countries in Europe.

Tanabe City, on the southwest coast of Wakayama, is an ideal starting point for a Kumano Kodo pilgrimage, and the English-speaking tourist bureau there can help in advance with booking the *ryokan* (traditional guesthouses) with *onsen* (hot spring baths) that travellers use at the end of a day's walk. As you reach these more remote places, English

is often not spoken by the families who run the *onsen*, so this local support is a real help. They'll also help you book an audio guide if you need. We found ours hugely helpful in decoding the complex Japanese faith system, and the rituals around the pilgrimage.

Blazing the trail

After a brief rain shower, we began the section of the trail we had chosen to walk, picking our way through tall, dripping trees and admiring the beautiful steps cut into the rock at intervals. As we walk, we learn a bit more about Shinto, Japan's ritual-focused indigenous religion. Shinto is 'for now', says our guide; Buddhism (Japan's other main religious practice – many Japanese practise both) is for the afterlife. Shinto is a syncretic religion and so there is no need for a priest figure – you have a direct connection with the deity.

As we approach our first Shinto shrine on the route, a colourful wooden building with sloping roofs and huge knotted ropes hanging from the 'porch' area, I can see some fellow travellers standing outside and hear cheerful jingling sounds and clapping. Unlike at a Buddhist temple, which you can often enter, you nearly always stay outside a Shinto shrine, to pay your respects to the deity or sacred object enshrined within. To draw the attention of the Shinto deities, which cannot be seen (they are often natural entities, like waterfalls or rocks), you perform the following series of steps: place your money in a box outside the temple (typically a five yen coin); ring the bell (one of the dangling ropes); bow twice; clap twice (this is to call out the deity, which is why you won't see people doing it at Buddhist temples); take a moment for a prayer or for gratitude; and then bow once more.

As we continue our journey, we pass red maple and yellow ginkgo trees, and as the mist descends on the mountains I understand why the area has been considered sacred for so long. The route

PHOTOGRAPHS (PREVIOUS PAGE): COURTESY OF TANABE CITY KUMANO TOURISM BUREAU; (THIS PAGE): COURTESY OF TANABE CITY KUMANO TOURISM BUREAU; DAN HERRICK/GETTY IMAGES; CORBIS

>>>



CLOCKWISE FROM ABOVE:
Kumano Naicha Taisha shrine
and waterfall; deer among
beautiful autumn foliage in
Nara Park; the hot spring
baths at a traditional *onsen*
are a welcome sight for
trail-walkers; the neon lights,
shops and eateries at
Dotombori in the bustling
city of Osaka; Lauren in
a seven-layer traditional
kimono in Kyoto, at the
starting point of the
Kumano Kodo trail



>>> runs steep in places, often amid trees, punctuated by gaps where you walk along asphalt roads through small villages. Savvy local farmers place vending machines that wouldn't be out of place in Osaka on the approach to their villages, offering weary travellers heated cans of 'Wonda' coffee. The contrast between the quiet of the walk through cedar and cypress trees and the sudden appearance of commercial opportunism isn't as jarring as you might think. It just feels very Japanese.

About two hours into our walk from Tanabe, we reach Takahara, a perfect example of the villages you encounter along the route. It's in a hilly valley and is dotted with plain wooden houses. Walkers can stay here overnight, at a simple *ryokan* with dreamy views over the valley. Slipping into a steamy hot spring bath, followed by a night on a *tatami* mat close to the floor in a room empty of anything but the necessities, is its own kind of purification ritual.

We managed only a taster walk along the Kumano Kodo, visiting the other shrines by car, but it was enough to whet the appetite for more. It's considered a rite of passage in Japan to walk the entire route, though we found it only ever felt busy on arrival at the shrines – the walks inbetween were blissfully quiet.

Memorable moments

The highlights of my trip? Near the Kumano Hongu shrine with its huge Torii shrine gate (the largest in the world), we stopped at the Bonheur Café and Guesthouse, an independent vegetarian café that sells exquisite sandwiches, and strange but wonderfully refreshing drinks alongside equally delicate clothes and jewellery.

Yunomine Onsen is also definitely worth building into your itinerary – it's a hot springs town that has been a favoured spot for purification rituals for almost 2,000 years. Here, you can take a

MUST-SEE KANSAI

● KUMANO KODO

The pilgrimage can be booked through the local tourist bureaus, who can organise stays at local *onsen*. Book through the Tanabe Tourist Bureau, see kumano-travel.com.

● OSAKA

A city to rival Tokyo, with a more manageable population of 2.6 million compared to Tokyo's 13 million. If you're going to walk the Kumano Kodo, I'd recommend visiting Osaka first, then making your way down the coast by train for the walk. You'll be so chilled out after your pilgrimage that Osaka can be overwhelming if you do it last!

● KYOTO

Filled with temples and shrines, Kyoto is more touristy than the Kumano Kodo, but has fantastic cuisine and is worth visiting to experience a Japanese tea ritual. Of all the shrines, my

favourite was the 'fox' shrine, Fushimi Inari Taisha, guarded by cheeky-looking statues of 'messenger' foxes. Row upon row of orange Torii gates sponsored by local businesses (it's hard to avoid the financial aspect of some of these shrines), clash beautifully with green trees and lead you on a shorter pilgrimage walk that rivals the Kumano Kodo for steepness in places.

● NARA

Overrun with deer looking for the deer 'biscuits' you can buy, Nara is the home of Todai-ji, the Great Buddha Hall, within which is a huge statue of the Buddha – an awe-inspiring sight on first view.

Oku Japan offers four-day self-guided tours of the Kumano Kodo trail from £495 per person, including trains, accommodation, breakfasts and dinners. See okujapan.com.

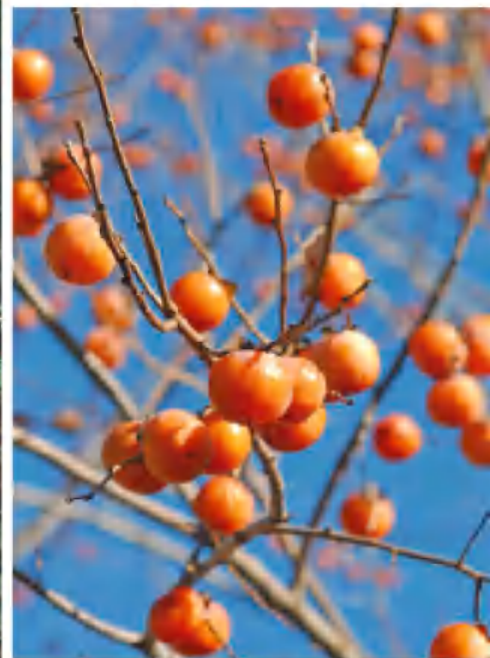
Air France and KLM fly to Osaka via Paris or Amsterdam. Return fares start from £529, including taxes and fees.

hot springs bath that is set right over a rushing river, with warm stones just big enough to allow two people to sit together at a time.

I performed the Shinto bow-and-clap ritual at a number of the shrines we visited, awkwardly, and distracted by my attempts to get it right. I was also distracted by the stalls you find near every shrine, selling what I at first assumed to be tourist souvenirs, but which, in fact, have a deeper meaning. They are more like amulets, and are very much part of the experience for a Japanese visitor to a shrine, who will often purchase various tiny figures, flags or boxes, depending on what favour or help they are seeking from the deity.

When, towards the end of our trip, we visited the Kumano Naicha Taisha (a mixed Buddhist/Shinto shrine), I finally got it. This is the 'waterfall shrine', considered female (the other main shrines are built around a rock, which

is seen as male, and a river, which represents unity). If you approach as a pilgrim on foot, you have a steep climb to the cluster of shrine buildings at the top. There, I met smiling Buddhist monks and grinning Japanese visitors, relieved to have made it to the top and ready to perform their rituals. To get to the waterfall, you walk downhill a little, and as the buildings, the incense and the ringing bells fade away, the sound of the waterfall gets louder. As I approached, I was aware of the usual amulet stalls on either side, but my focus was drawn to the rushing water. There, suddenly, I felt the awe that many pilgrims before me must have felt – especially those who had walked hundreds of kilometres to reach this place. No matter what your beliefs, it is impossible not to bow to the true awesomeness of nature's power when confronted with water falling over rock with such great drama. You feel gratefully tiny beside it.



CLOCKWISE FROM TOP LEFT: The Daimonzaka stepped walk through the trees along the Kumano Kodo trail; a woman in traditional dress at the Kumano Hongu Taisha shrine gate; the ubiquitous persimmon tree, a common sight in this part of Japan; foxes guard the Fushimi Inari Taisha at Kyoto; wooden prayer plaques



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The bustling Abergavenny Food Festival



Exploring the lush Welsh countryside



The St David's Hotel on Cardiff Bay

Just for the weekend... discover new food

Busy work weeks don't allow much time for culinary experimentation so, for a dose of inspiration, Danielle Woodward headed for Wales

ONE OF THE THINGS I love most about travelling is trying different food. Lured by the Abergavenny Food Festival and knowing that treating yourself to good food can increase happiness*, I wondered if I could be inspired by Wales.

The five-star St David's Hotel and Spa, overlooking Cardiff Bay, was the ideal base for my culinary adventure. I started off the weekend with a seven-course tasting menu at the hotel's restaurant, Tempus & Tides, which focuses on Welsh specialties, such as Bury Inlet mussels and Breconshire lamb cutlets. The next day began with a 'food safari' with local culinary expert Sian Bassett Roberts, in the lush countryside of the Vale of Glamorgan. Our first stop was Hendrewennol, a pick-your-own farm that also sells local produce, including jams, fruit chutneys and ice cream. Next, we stopped at the Vale Resort near Cardiff, where we had

ago at making Welsh cakes, and tucked into a delicious lunch of cawl (lamb broth), laver soup made from the mineral-rich seaweed found on Welsh coasts (which is also exported to Japan for sushi), and Welsh cheese. We ended the day with another seven-course 'Clogwyn' tasting menu at Restaurant James Sommerin in Penarth.

A digestive tea and a good night's sleep later, I went to the annual Abergavenny Food Festival, for more delights like cider from Gwynt Y Ddraig, Aberwen cheese from Friesian cows in the Snowdonian foothills, and curries conjured up by the Incredible Spice Men.

I returned home rested and happy, (and stuffed!), inspired to cook the meals I'd tried.

For Welsh Food Tours, visit lovingwelshfood.uk and visitwales.com. Rooms at St David's Hotel & Spa start from £99 per night, thestdavidshotel.com. The Abergavenny Food Festival runs from 18-20 September 2015, abergavennyfoodfestival.com

OUT AND ABOUT

Enjoy browsing the food market, with these helpful aids



Moleskine Recipe Journal, £18



John Lewis MissPrint Little Trees cool bag, £25

Stockists

Find out where to buy the products featured in this month's issue

A

AERIN esteelauder.co.uk/world-aerin

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beautybay.com

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anthropologie.eu

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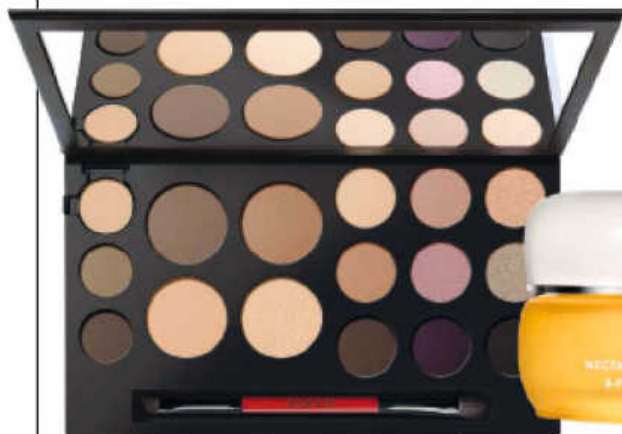
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Stuff and nonsense



A FRIEND IS HAVING a boot sale, although really, it's more of a garden sale, because we like to believe we're frightfully posh around here – although the truth is there's nowhere you can actually park a car.

She's moving house and has too much stuff. I also have too much stuff. So what do I do? I go along to see what stuff she's selling, just in case there's stuff I want to buy to add to my stuff. Well, it is for charity.

So off I go to have a look, all in the name of a good cause, and also because I want to see how to hold a posh sale when I eventually sell my own house, conveniently forgetting the fact that I don't have a garden. I do have a roof terrace facing the sea, but the herring gulls aren't too keen on visitors and like to dive-bomb us for fun, so it would be more of an assault course. As they are the size of small dogs, we'd be having a horizontal sale.

Anyway, I was terribly disciplined and even resisted the charms of a rather gorgeous cat statue, which I thought might go on the terrace as a deterrent to the herring gulls. I have four real cats, but they're total wimps and are completely hopeless when it comes to scaring the birds.

Strangely for cats, they're also keen on accumulating stuff, so we're quite a household. Freddie, the youngest, loves giving me presents and launches nightly raids on the garages behind the house. Last week, we had two frayed woollen hats and a greasy rag. He was very proud of the hats, which he laid lovingly on my bed. Cats don't understand about white sheets.

After the near miss of succumbing to yet another thing I don't need, (and really, a cat statue is a step too far – I'll be buying

gnomes soon) I went in the opposite direction and overwhelmed the charity shops with pantehnicons of stuff, which I have to say was rather pleasing. They were happy and so was I. A good clear-out is rather like a detox; you feel so much lighter afterwards.

I even got stern with my friends and asked for garden vouchers for my birthday, rather than stuff, however lovely. I don't have a garden (yet), but a girl can dream and I'd love to fill it with floral memories of my beloved friends. Well, that failed spectacularly. Apparently vouchers are akin to giving somebody bath salts, so there were a lot of beautifully wrapped and beribboned presents as well as loud complaints that I am impossible to buy presents for. I have everything I need, so they decided to give me some more. As a result, my attempt at minimalism was short-lived. And obviously gifts cannot be given to charity shops, if I want to keep my friends.

My sister-in-law is the queen of charity shops. I have never met anybody who buys half-used candles, but she says somebody's got to use them. She gives everything she owns to charity, where she bought it all in the first place. The problem is that the figures don't quite add up, so my brother imposed a one-in, one-out rule until he looked under the beds and issued a one-in, three-out edict. All has gone wonderfully well – but he obviously never goes into the garage.

Much as I adore my sister-in-law, I'm obviously more like my brother, so I'm following the rule of one-in, three-out. Fortunately, I don't own a garage.

Sally Brampton is a journalist, agony aunt, and author of 'Shoot The Damn Dog: A Memoir Of Depression' (Bloomsbury, £7.99)

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